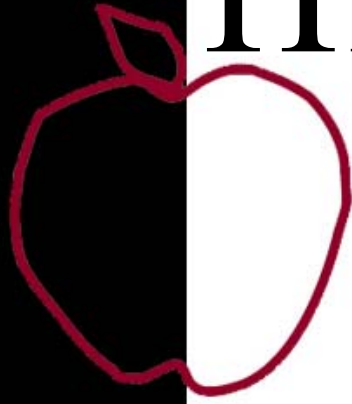


# YOUR TARGET HEART RATE ZONE



*To find your target heart rate zone, see the table on the back of this page. If you have been inactive for some time, use the 60 percentage range and gradually increase to the 70 percent range.*

To take your heart rate, use your index and middle finger to find your pulse either on the inside of your wrist below the thumb joint, or on the side of your neck below the jaw bone. Count the beats (starting with zero) for 15 seconds and multiply by four. (You will need a watch with a second hand.) Take your heart rate after you have participated in an activity for seven to ten minutes. If your heart rate is higher than your target zone, slow down. If it is too low, work harder.

If you have been fairly inactive, begin with 10 to 15 minutes of activity three to four times a week. Gradually work up to 45 to 60 minutes. As your fitness improves, you will be able to increase your time and frequency.

Although intensity is important for fitness, so is the length of time you do the activity. It is not how fast you run or walk, but how far that determines how many calories you burn. Walking and running both burn about 100 calories per mile. Running just gets you there faster. It is the number of muscle movements or steps that determines the total calories burned.



# HEART RATE PER MINUTE

AGE	MINIMUM RATE FOR AEROBIC BENEFIT		MAXIMUM WORKOUT RATE
	(60%)	(70%)	
20 – 25	117 – 120	137 – 140	166 – 170
26 – 30	114 – 116	133 – 136	162 – 165
31 – 35	111 – 113	130 – 132	157 – 161
36 – 40	108 – 110	126 – 129	153 – 156
41 – 45	105 – 107	123 – 125	149 – 152
46 – 50	102 – 104	119 – 122	145 – 148
51 – 55	99 – 101	116 – 118	140 – 144
56 – 60	96 – 98	112 – 115	136 – 139
61 – 65	93 – 95	109 – 111	132 – 135
66 – 70	90 – 92	105 – 108	128 – 131
71 – 75	87 – 89	102 – 104	123 – 127

**NEVER EXERT YOURSELF MORE THAN 85 PERCENT  
OF YOUR MAXIMUM HEART RATE FOR SAFE EXERCISE.**

If you are on any heart medication, you may not be able to reach your target heart zone.  
**Consult your doctor before starting any exercise program.**