

## Calculating Target Heart Rate Zone

<b>Male</b>	$220 - \text{age} = \text{maximum heart rate}$
<b>Female</b>	$226 - \text{age} = \text{maximum heart rate}$

### Calculating Target Heart Rate for Exercise

Maximum heart rate  $\times$  exercise level = Target Heart Rate Zone

#### Exercise Level

*Beginner:* 50%–60% of maximum heart rate

*Intermediate:* 61%–70% of maximum heart rate

*Advanced:* 71%–80% of maximum heart rate

### Calculating Target Heart Rate Zone Example

Calculate the Target Heart Rate for 26-year-old Judy.

$$226 - 26 = 200 \text{ (maximum heart rate)}$$

Beginner Target Heart Rate:

$$200 \times .50 \text{ (50\%)} = 100$$

$$200 \times .60 \text{ (60\%)} = 120$$

**Answer:** Judy's heart rate should be between 100 and 120 beats per minute during exercise.

Source: American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescriptions* (7th ed.). Indianapolis, IN: Author.

# Week 3 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

## How to Stay Healthy

We have talked about things that we can do to stay healthy.

- Nutrition
- Exercise
- Prevent illness
- Sleep
- Care of your body
- Safety
- Getting along with others



This week we continue practicing different types of stretches and warm-ups before class. We should always stretch and warm-up before we exercise.



## We Learned Some Things about Ourselves and Choices We Would Like to Make to Take More Responsibility for Our Health

Some people said they liked being with friends and family. In their free time, people enjoy doing things like walking and fishing with boyfriends and girlfriends. People like to dance, listen to music, and watch television shows. People also said that they liked to eat good foods, including bananas, peaches, and apricots.

We also started talking about being responsible for our health by exercising and eating good foods. We identified foods that we like to eat but that are not nutritious. For example, some of us like coffee, soda, and desserts. But, we should only eat these things in small amounts.

# What Is Heart Rate?

What Is My Heart Rate?

**Heart rate** is the number of heart beats per minute

**Normal heart rate:** 60–100 beats per minute

*Directions:* Circle all of the activities that you think will increase your heart rate.



Running



Sleeping



Playing basketball



Watching television



Eating



Dancing