

# Calculating Target Heart Rate

## What is my Target Heart Rate?

If you are sedentary or have not participated in regular exercise, you may want to keep your target heart rate at the lower limit (i.e. 50-60%) of your maximal heart rate. Generally, exercising at 60-80% corresponds to weight loss and general fitness training, although training at lower levels does provide health benefits. Percentage above 85% targets high performance aerobic training.

## How Do I Take My Pulse?

One of the most common ways to take a pulse is to lightly touch the artery on the thumb-side of the wrist, using the index and middle fingers. This is called a radial pulse check.

You may also place two fingers below the jaw line, along the trachea (windpipe) to feel for a pulse, again using your index and middle fingers. This is called a carotid pulse check.

Count your heartbeat for 10 seconds then multiply by 6. That is your heart rate. When taking your pulse for ten seconds during a workout, stop exercising, but keep moving. Do not allow yourself to rest before taking your pulse and immediately resume exercise after the ten seconds.

## How to Calculate your Target Heart Rate?

*If you are sedentary or have not participated in regular exercise:*

To calculate your target heart rate use the formula  $220 - \text{age}$  (equals your maximal heart rate) multiplied by 50-60% of your maximal heart rate

*If you are active or have been participating in regular exercise:*

To calculate your target heart rate use the formula  $220 - \text{age}$  (equals your maximal heart rate) multiplied by 60-80% of your maximal heart rate.