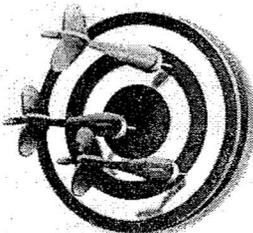


Be Smart With Your Heart

DETERMINING YOUR HEART RATE: Heart rates are measured in beats per minute. Find your pulse and count the number of beats for six seconds. Take that number and multiply by 10.



FINDING YOUR PULSE: Use you index and middle fingers to find your pulse on the Carotid Artery or Radial Artery.

To determine if you are properly conditioning your heart, you will need to Know and Understand Three Heart Rates:

RESTING HEART RATE (RHR): Taking your heart rate while at rest is a good tool to determine aerobic fitness. As your aerobic fitness improves your heart enlarges and pumps more blood with each stroke, also the lungs grow larger and are able to supply more oxygen to the blood. The heart then becomes more efficient and is able to slow down. *Best time to take the RHR is when you first wake up in the morning.*

MAXIMUM HEART RATE (MHR): A maximum heart rate can be achieved safely during exercise but your body just won't let you hold this rate for very long. We will determine the MHR below:

TARGET HEART RATE OR TARGET ZONE (THR OR TZ): To condition aerobically you must exercise with a heart rate between 65 to 80% of your maximum heart rate for at least 15 to 30 minutes. When beginning an aerobic exercise program an individual should exercise at the lower 65% heart rate and as the fitness level increases the 80% heart rate is recommended. We will determine your THR below.

Heart Rate Zones

Resting Heart	Take your numbers add them up and divide by 3	<u>Your Resting Heart Rate:</u> <input type="text"/>	
<u>Instructions</u> Start with 220 (Max heart rate)	<u>Example</u> 220	<u>Your Target HR</u> 220 220	
Subtract your Age	-12	<input type="text"/>	<input type="text"/>
Equals maximum times heart should beat/min	208	<input type="text"/>	<input type="text"/>
		Low End	High End
<u>Target Heart Rate Zones</u> Multiply by : 65% low end 80% high end	X .65 x .80 135 166	<input type="text"/>	<input type="text"/>

AEROBIC EXERCISE: Aerobic literally means "living in air", and refers to the use of oxygen to adequately meet energy demands during exercise. Endurance activities.

ANAEROBIC EXERCISE: anaerobic "without oxygen" comprises brief, strength-based activities, such as sprinting or bodybuilding.