

(multiply your maximum heart rate by 0.7 or 0.85)

During VIGOROUS PHYSICAL ACTIVITY, aim for about 70–85% of your maximum heart rate.

(multiply your maximum heart rate by 0.5 or 0.7)

During MODERATE INTENSITY ACTIVITY, aim for about 50–70% of your maximum heart rate.

Calculate Your **Heart Rate**

Heart Rate

Your

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Knowing your heart rate can be an important

condition that needs to be addressed. may signify a heart condition or other heart-health gauge. Changes in your pulse

of times your heart beats per minute. Your heart rate - or pulse - is the number

BEST PLACES TO CHECK PULSE



- ✓ Side of your neck ✓ Inside of your elbow
- ▼ Top of your foot
- in 60 seconds. and count the number of beats

If you're calm, relaxed, and aren't

100 beats per minute. between 60 beats per minute and ill, resting heart rate is normally

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