

HOW TO FIND YOUR TARGET HEART RATE

Monitoring Exercise Intensity

- **Heart rate as a guide:** Use heart rate to gauge exercise intensity for maximum benefits while staying safe.
- **Target heart rate:** Ideal exercise range is 50-85% of your maximum heart rate.

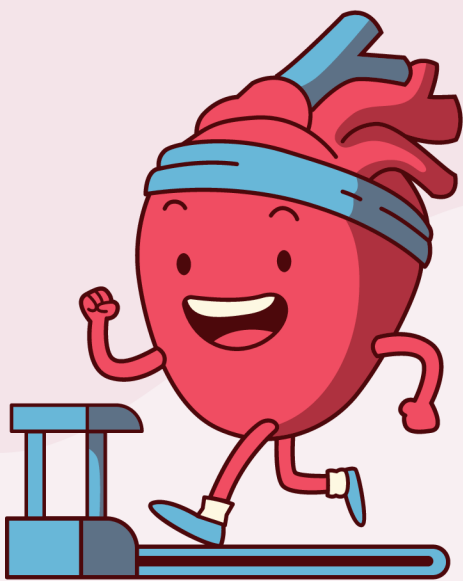


Calculating Maximum Heart Rate

1. **Standard Formula:** $220 - \text{your age}$ (e.g., 180 bpm for a 40-year-old).
2. **Alternative Formula (for 40+):** $208 - (0.7 \times \text{age})$ (e.g., 173 bpm for a 50-year-old).

Finding Target Heart Rate

- **Moderate Intensity:** 50-70% of maximum heart rate.
- **Vigorous Intensity:** 70-85% of maximum heart rate.
- **Example:** For a max heart rate of 180 bpm, target is 90-153 bpm.



Key Tips:

- Start near 50% if new to exercise; gradually increase intensity.
- Monitor heart rate; adjust exercise intensity to stay within target range.
- **Important:** Consult a healthcare provider if on medication affecting heart rate.



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