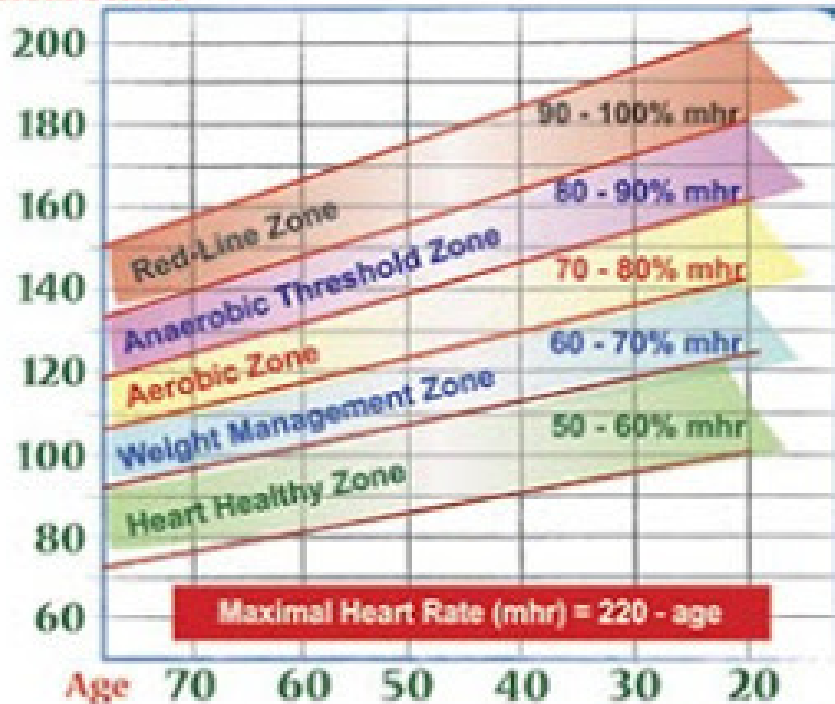


# HOW HARD ARE YOU WORKING?

## Target Heart Rate Chart

### Heart Rate



### Calculate Target Heart Rate

#### Maximal Heart Rate (mhr) Formula:

$$220 - \text{age} \times \% \text{ Intensity}$$

Example: 40 year old

60% intensity -

$$175 \text{ mhr } (220 - \text{age})$$

$$\times .60 \text{ (percent intensity)}$$

$$105 \text{ (target heart rate)}$$

80% intensity -

$$175 \text{ mhr } (220 - \text{age})$$

$$\times .80 \text{ (percent intensity)}$$

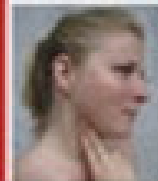
$$140 \text{ (target heart rate)}$$

#### Pulse Sites

##### Wrist



Place index and middle finger on radial artery, located on the wrist in line with thumb.



##### Neck

Trace a line straight down from the outside corner of your eye to just below the jawline. Place index and middle finger lightly on the carotid artery.

### 10 Second Heart Rate Chart

Age	50%	60%	70%	80%	90%
15	17	21	24	27	31
20	17	20	23	27	30
25	16	19	23	26	29
30	16	19	22	25	28
35	15	19	22	25	28
40	15	18	21	24	27
45	15	18	20	23	26
50	14	17	20	23	25
55	14	17	19	22	24
60	13	16	19	21	24
65	13	16	18	21	23
70	12	15	18	20	22
75	12	15	17	19	21
80	11	14	16	19	21
Age	50%	60%	70%	80%	90%

#### Effort Check

- Keep moving and find your pulse with one of the check sites above.
- Use a second hand or stop watch to count your pulse for 10 seconds.
- Check the 10 Second Heart Rate Chart left - find your age in the first column and then your pulse count to determine your percentage.
- Check the RPE chart below for additional and continuous monitoring of effort based on how hard you FEEL you are working.
- The RPE scale generally correlates to the indicated zones and can also be applied to other modes of exercise effort.

10 second check:  $\times 6 = \text{hr}$

### Rating of Perceived Exertion (RPE)

10	near maximum very, very hard	Red-line Zone
9		
8		Anaerobic Threshold Zone
7	very hard, heavy, strong	
6		Aerobic Training Zone
5	hard, heavy, strong	
4	somewhat hard	Weight Management Zone
3	moderate	
2	light, easy	Heart Healthy Zone
1	very little, weak	
0	nothing	