

To calculate your target heart rate

$(220 - \text{your age}) \times 0.5 = \text{heart rate for } \underline{\text{beginner}}$

$(220 - \text{your age}) \times 0.7 = \text{heart rate for } \underline{\text{intermediate}}$

$(220 - \text{your age}) \times 0.8 = \text{heart rate for } \underline{\text{advanced}}$

To determine your heart rate during exercise

If you do not have a heart rate monitor, stop during exercise and immediately begin counting number of heartbeats in 10 seconds. Multiply by 6 for heart rate. (Count heart beats by placing index finger & middle finger next to Adam's apple until you find a pulse; use a watch with a second hand, or other means of counting seconds.)

When doing aerobic exercise...

Begin slowly for the first 5 minutes; then do some gentle stretches before building up to your target heart rate. Take at least 5 minutes to slow down before stopping.

