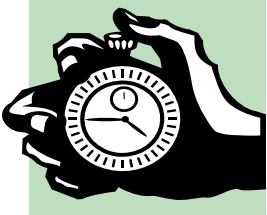


How to Take Your Heart Rate

Taking your pulse during physical activity allows you to measure how hard you are exercising. You should exercise to stay within your target heart range.



You will need a clock, watch, or stopwatch that is digital or has a second-hand.



- Use your index and middle fingers. (Don't use your thumb - it has a pulse of its own). Place these two fingers on your wrist, just above the base of the thumb.
- Count the number of beats (pulses) for 10 seconds and compare this value to Chart A on the next page.

OR

- Count the number of beats for 10 seconds. Multiply this number by 6 to get your heart rate in beats per minute and compare this value to Chart B on the next page.

Increasing your heart rate is a key part of exercise, but it is important that your heart rate is not too high (dangerous to your health) or too low (limited benefits). If you are a beginner, **you should also be able to breathe comfortably** while exercising. This will ensure that you are exercising at a level that is safe and effective for your body.

Some medications may keep your heart rate from going too high. If you are taking medicine for your heart, check with your primary care provider about how hard you should exercise.



Chart A: For a 10 second pulse rate

Age	Target Heart Rate Range for Moderate Intensity (for 10 second count)	Target Heart Rate Range for Vigorous Intensity (for 10 second count)
20	17-23	23-28
25	16-23	23-28
30	16-22	22-27
35	16-22	22-26
40	15-21	21-26
45	15-20	20-25
50	14-20	20-24
55	14-19	19-23
60	13-19	19-23
65	13-18	18-22
70	13-18	18-21
75	12-17	17-21
80	12-16	16-20
85	11-16	16-19

Chart B: For a pulse rate per minute

Age	Target Heart Rate Range for Moderate Intensity (per minute)	Target Heart Rate Range for Vigorous Intensity (per minute)
20	100-140	141-170
25	98-136	137-166
30	95-133	134-162
35	93-129	130-157
40	90-126	127-153
45	88-122	123-149
50	85-119	120-145
55	83-115	116-140
60	80-112	113-136
65	78-108	109-132
70	75-105	106-128
75	72-101	102-123
80	70-98	99-119
85	67-94	95-115

