

## **Resting Heart Rate and Target Heart Rate**

**Taking your Pulse** - The pulse is most commonly taken either at the carotid artery on the neck or at the wrist. Use your index finger and middle finger to locate your pulse (never use your thumb). Use a very light touch and avoid pressing too hard. Use a 6 second pulse check, then multiply by the appropriate number by 10 to get a 60 second count. Or just add a Zero (0) to that number!

**Resting Heart Rate** - This is your heart rate at complete rest. Best taken when you first wake up.

**Target Heart Rate Range** - Training intensity should range from 40% - 85% of adjusted maximal heart rate. Beginning exercisers should work between 50% - 65%. More advanced exercisers may be comfortable in the 70% - 80% range. Very fit exercisers may tolerate a level up to 85%.

## **Maximum Heart Rate**

**To find your maximum Heart Rate** : = 220 - your age. You do not want your heart rate to be higher than your maximum heart rate during exercise. Bring your intensity level down if you are close to or reach your maximum heart rate.