VitaMin

Vital health information in a minute

Get to the heart of a good workout

What's your heart rate?

The key to a good cardio workout is staying within your target heart rate range. These rates are averages, so use them as a general guideline.

AGE	HEART RATE RANGE	MAXIMUM HEART RATE
20	126 - 164	194
30	122-159	187
40	117-153	180
50	112-147	173
60	107-141	166

Get a pulse on your heart rate

Here's how to take your heart rate. It's also called "taking your pulse."

1. First, stop exercising while you take your heart rate.
2. Put the tips of your index and middle finger over the artery at your neck, wrist or chest.

   Hint: Don't use your thumb.
3. Press lightly until you feel the pulse.
4. Count the number of beats you feel in 30 seconds. Then multiply it by two. That's your heart rate.[1]

3 X DAY

Work on your workout

It's recommended that you get 150 minutes of physical activity a week.[2] But don't let that number scare you. You don't need a long workout to get long-term benefits. You can break up your routine to make it easier to fit into your schedule. For example, take the dog for a ten-minute walk, three times a day. You'll rack up 150 minutes of exercise in just five days.[2]

Always consult a doctor before beginning any exercise program.

Source:
1 http://www.cdc.gov/physicalactivity/everyone/measuring/heartrate.html
2 http://cdc.gov/physicalactivity/everyone/guidelines/adults.html

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