



15 For Me.

MEASURING EXERCISE INTENSITY USING THE SCIENTIFIC METHOD



You can measure your exercise intensity using an objective method. This involves identifying a specific target heart rate range for moderate and higher (vigorous) exercise intensity. You begin by calculating your maximum heart rate. You will only use this to determine your target heart rate range. Do not attempt to exercise at this heart rate.

How to calculate maximum heart rate and your target heart rate range:

Step #1:

Your maximum heart rate is the age-related number of beats per minute of the heart when working at its maximum. Calculate your maximum heart rate by subtracting your age from 220. For example, if you are 30 years old, subtract 30 from 220 ($220 - 30 = 190$). Your maximum heart rate would be 190.

Step #2:

Your target heart rate is a range (or percentage) of numbers that reflect how fast your heart should be beating when you exercise. Think of it as the “sweet spot” between not exercising hard enough and overexertion. We support the American Heart Association target heart rate ranges below.

The American Heart Association indicates:



- For **moderate** exercise intensity, the target heart rate range is 50% to 70% of your maximum heart rate. Per the example above, your target heart rate would be between 95 and 133 beats per minute.
- For **higher** exercise intensity, the target heart rate range is 70% to 85% of your maximum heart rate. Per the example above, your target heart rate would be between 133 and 162 beats per minute.

PRO TIP: Discuss your physical health and exercise potential with your healthcare provider before beginning the cardio sessions.

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.