



During the average lifetime, the human heart will beat more than 2.5 billion times.

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THE INSTALLMENT

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Make All Your Heart Beats Count

When you exercise, are you doing too much or not enough?

There's a simple way to know: Your target heart rate helps you hit the bull's eye.

Hittin' the Target 

As you exercise, periodically:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate.

Know Your Numbers

This table shows estimated target heart rates for different ages. Your maximum heart rate is about 220 minus your age. The figures are averages, so use them as general guidelines.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

