

Maximum heart rate

One way of checking physical activity intensity is to determine whether your pulse or heart rate is within the target zone during physical activity.

For moderate-intensity physical activity, your target heart rate should be between **64%** and **76%** of your maximum heart rate. You can estimate your maximum heart rate based on your age. For example, for a 40-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 40 \text{ years} = 180$ beats per minute (bpm).

The 64% and 76% levels would be:

- 64% level: $180 \times 0.64 = 115$ bpm, and
- 76% level: $180 \times 0.76 = 137$ bpm

Calculate your own maximum heart rate:

1. To estimate your maximum age-related heart rate, subtract your age (40) from 220= **180**
2. To get an accurate heart rate find the pulse in your neck and count the number of beats in 10 seconds = **24**
3. Multiply this number by 6 to find number of beats per minute = **$24 \times 6 = 144$**
4. Divide the number of beats per minute (144) by your max heart rate (180) to give you a decimal= **$144 \div 180 = 0.8$**
5. Convert 0.8 decimal to percentage to give percentage level of maximum heart rate= **$0.8 = 80\%$**

So for a 40 year old person 144 beats per minute is 80% of their maximum heart rate.