# HAVE YOU TRIED THIS YET?

## Using a Heart Rate Monitor in your Next Exercise Session

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If you are unsure of how hard you should be exercising, possibly when just starting an exercise program or taking yourself to new levels, wearing a heart rate monitor could be your tool to help answer your question. To know why it will be beneficial to use a heart rate monitor, it is good to first understand how the function of the heart is affected during different levels of exercise and ways to monitor this.

To know the level of intensity that you should be exercising at without overdoing it, you should pay attention to how many times your heart beats per minute (heart rate). As you begin to exercise your heart beats faster to deliver blood and oxygen to your muscles. To determine the proper intensity it will be important to know your heart rate zone. There are a few formulas that you can use to find this zone of exercise. The simplest of these, first finds your maximum heart rate by taking 220 minus your age (below is a more accurate formula) and then finds a percentage of this number. For most healthy individuals, this zone is 50 – 85 percent of your maximum heart rate. If you're just starting it would be best to stay at the lower end of the percentage. Those who have been regularly aerobically exercising should be comfortable in the higher end of this zone. Using a heart rate monitor is a quick and easy way to monitor your heart rate, making sure you stay in the range that should be adequate while exercising. Nimkee Fitness offers these to any member who would like use one. So, please do not hesitate to ask for one and to calculate your heart rate zone.

### Karvonen Formula for Target Heart Rate Zone:

220 - age = A
A - Resting Heart Rate = B
B x 50% (low end of heart rate) OR 85% (high end of heart rate) = C or D
C + Resting Heart Rate = Low end of Target Heart Rate Zone
D + Resting Heart Rate = High end of Target Heart Rate Zone

EXAMPLE:
220 - 23 (age) = 197
197 - 65 (resting heart rate) = 132
132 x 50% OR 85% = 66 OR 112.2
66 + 65 (resting heart rate) = 131
112.2 + 65 (rhr) = 177
The target heart rate zone for this person would be 131 to 177