



# HEART RATE AND YOU

WHAT SHOULD  
I  
KNOW

# WHAT IS RHR

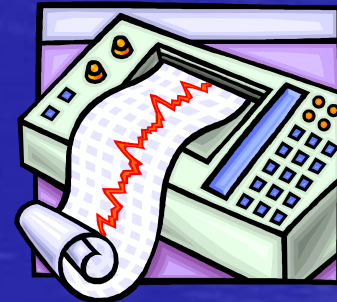
- Resting Heart Rate

This is a person's heart rate at rest. The best time to find out your resting heart rate is in the morning, after a good night's sleep, and before you get out of bed.

- Beats 60-80 times a minute.
- Usually increases with age
- Lower in physically active folks
- Athletes measure RHR to see if they over train.
- Heart rate changes with needs in oxygen

# WHAT IS MHR

- $HR_{max}$  is the highest number of times a human heart can contract in one minute.



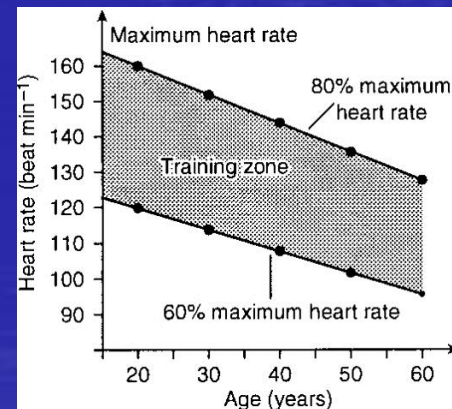
# HOW TO CALCULATE THR

- Calculation for:  $MHR = 220 - \text{age} \times 80\%$
- $220 - 16 = 204$  (MHR)
- $204 \times .8 = 163$  (THR)

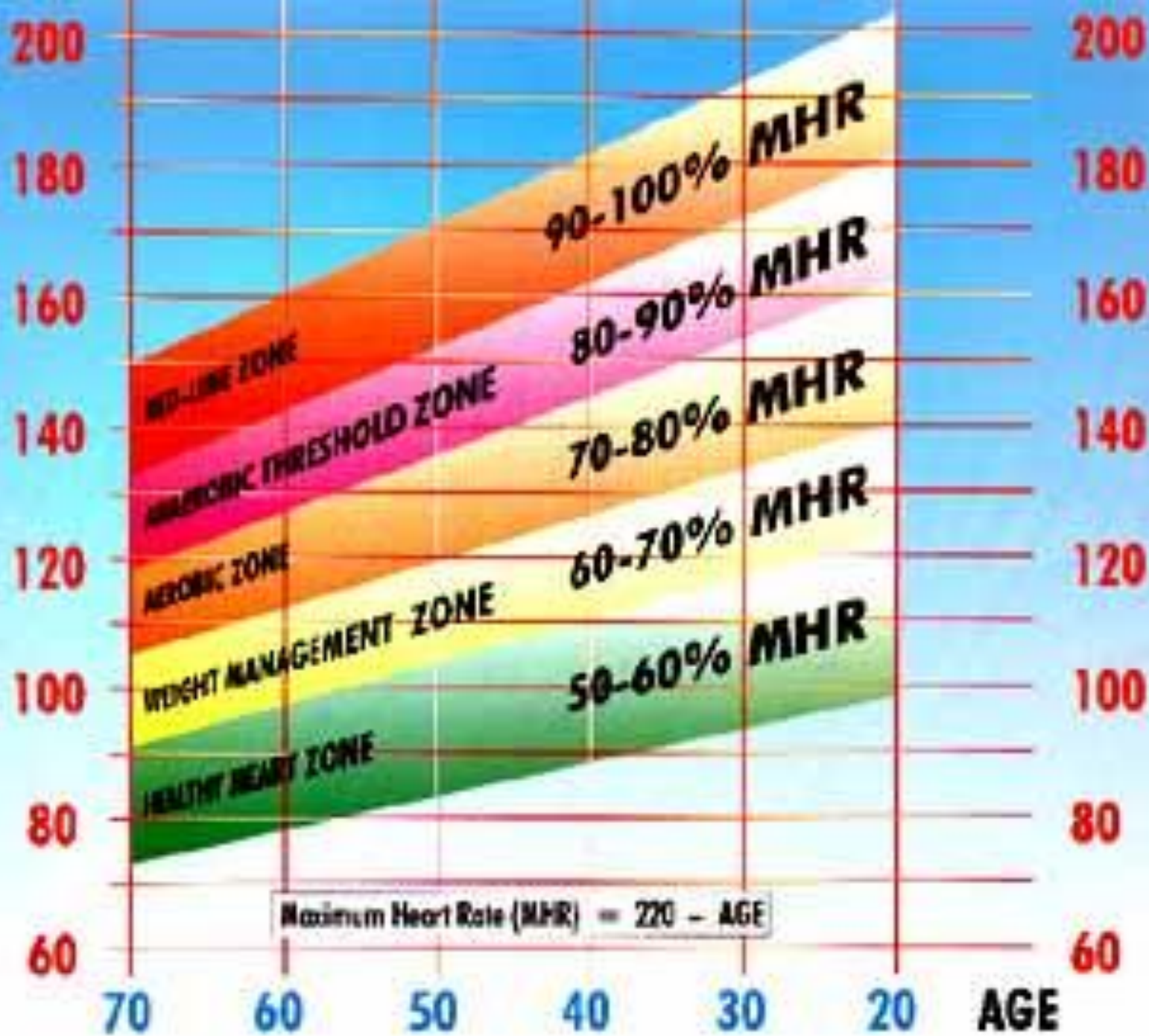
Remember that no one should be in the MHR for very long!! You could cause permanent damage to your HEART -----

# WHAT IS THR

- Target Heart Rate
- The heart rate to get the maximum benefits from your workout /exercise.
- Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program.
- This approach requires measuring your pulse periodically as you exercise and staying within 50 to 85 percent of your maximum heart rate.



# HEART RATE



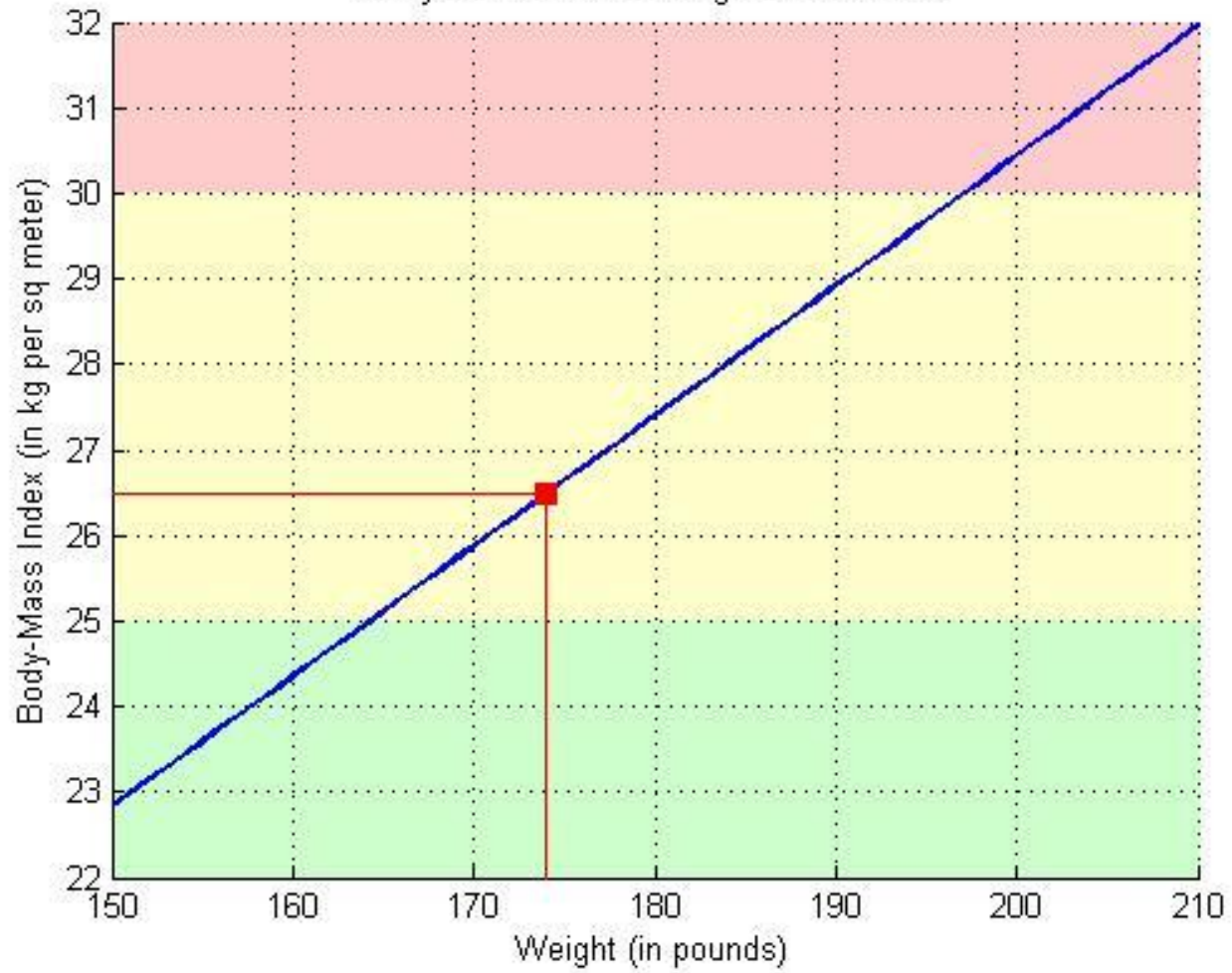
# WHAT IS BMI

- Body Mass Index
- Body mass index (BMI) is a measure of body fat based on height and weight that applies to both **adult** men and women.
- Easy way to figure your body FAT.
- Other methods to measure body fat:
  - Hydrostatic weighing – MOST ACCURATE!!
  - Electronic body fat machines
  - Skin fold calipers

height	weight in pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	21	22	24	25	26	28



Body-Mass Index for height of 68 inches



WHY

EXERCISE.....?

**BECAUSE**

# HEALTH BENEFITS FOR EXERCISE

- Increase in brain functions
  - Short term memory to Long term memory
  - Quicker reaction time
  - Treat depression
  - release of certain neurotransmitters in the brain that alleviate pain, both physical and mental.

# HEALTH BENEFITS FOR EXERCISE

- **Exercise improves your mood.**
- **Exercise combats chronic diseases.**
- **Exercise helps you manage your weight.**
- **Exercise boosts your energy level.**
- **Exercise promotes better sleep.**
- **Exercise can be — gasp — fun!**

# REFERENCES

- <http://www.mayoclinic.com/>
- <http://www.brianmac.co.uk/>