



An important part of being healthy is exercising regularly and staying active. PAL (Physical Activity Line) is a phone line, website and physical activity resource designed to help you make wise choices about physical activity so you can enjoy life to its fullest. PAL is brought to you by the CSEP Health and Fitness Program of BC and the Public Health Agency of Canada. PAL is operated by university/college-trained exercise professionals.



## How to calculate your training heart rate

Your heart rate is the number of heart beats per minute. There are several ways to measure your heart rate:

**Resting heart rate** (also known as HR<sub>rest</sub>). Your heart rate when you're not doing any activity.

**Maximum heart rate** (also known as HR<sub>max</sub>). The highest number of times your heart can beat in one minute.

**Training heart rate** (also known as THR and target heart rate). The rate your heart should beat during exercise in order to get the most improvement in aerobic capacity (the amount of oxygen your body uses).

Your training heart rate is a percentage of your maximum heart rate. So to calculate your training heart rate, you have to first find out what your maximum heart rate is.

To calculate your maximum heart rate, use one of the following equations:

### **For men**

»  $HR_{max} = 220 - \text{your age}$

### **For women**

»  $HR_{max} = 226 - \text{your age}$



# How to calculate your training heart rate



## **For obese people**

- »  $HR_{max} = 220 - \text{half of your age}$

Now, here's how to calculate your training heart rate:

- » During light intensity activity
  - > Training heart rate is between 45% and 54% of your  $HR_{max}$
- » During moderate intensity activity
  - > Training heart rate is between 55% and 69% of your  $HR_{max}$
- » During high intensity activity
  - > Training heart rate is between 70% and 89% of your  $HR_{max}$

For example, if you're a 60 year old woman, your training heart rate should be between 75 and 90 beats per minute during a light intensity activity. This was calculated in the following way:

- >  $226 - 60 = 166$  (this is your maximum heart rate)
- >  $45\% \times 166 = 75$  (this is the low end of your training heart rate range)
- >  $54\% \times 166 = 90$  (this is the high end of your training heart rate range)

*This information was summarized from Warburton, D., Whitney Nicol, C., & Bredin, S. (2006). Prescribing exercise as preventive therapy. Canadian Medical Association Journal. 174(7), 961-974.*

☛ *Here's the number to call if you have questions or want more information:*

## **Physical Activity Line**

1-877-725-1149

*Here are some other sheets related to this topic:*

- Target heart rate zones.*
- Measuring your effort during activity.*
- How to calculate your training heart rate.*
- Definitions.*
- How much activity is enough?*

## **Here's where to get any or all of these sheets:**

tel: 1-877-725-1149

email: [info@physicalactivityline.com](mailto:info@physicalactivityline.com)

web: [www.physicalactivityline.com](http://www.physicalactivityline.com)

**The health information provided on this sheet is only a guide.** You also need to rely on your common sense and good judgment. If you receive advice from a doctor or health professional that doesn't agree with the information provided here, follow the advice of your doctor or health professional since it's based on your specific history and needs.