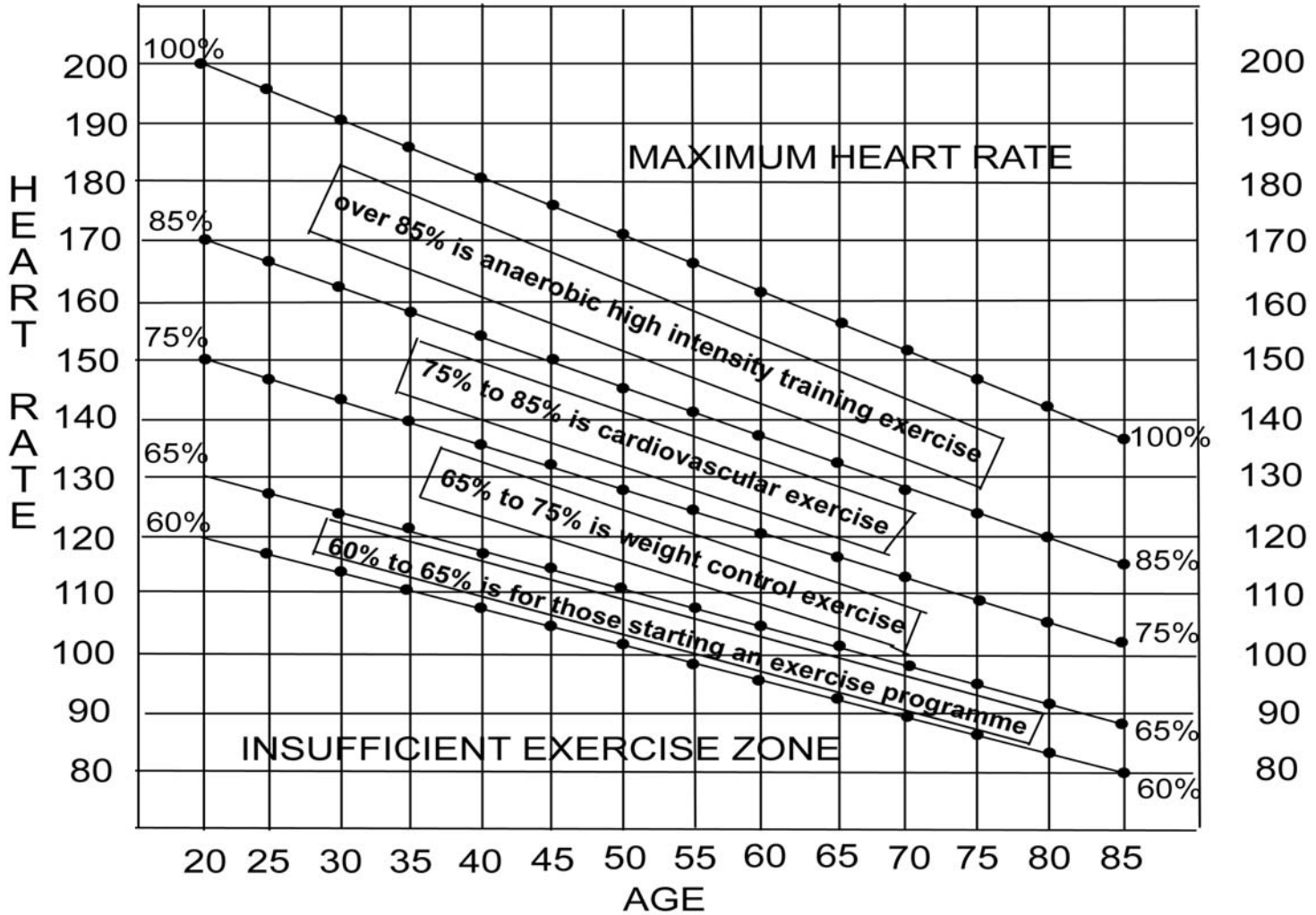


## TARGET HEART RATE EXERCISE GUIDE



### EXERCISE HEART RATE GUIDE

### TARGET HEART RATE ZONE

Monitoring your heart rate isn't just for the serious athlete. It's for anyone with limited time who wants to make the most of their workouts. Heart rate is your body's tachometer and is directly related to physical conditioning. When you know what your pulse is, you can adjust the intensity of your exercise to achieve your personal goals.

To accurately track your pulse, take it before you start exercising, monitor it throughout your exercise programme and then take it again 10 minutes after you cool down. Keep a record of the readings to monitor your progress.

**ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAMME**

Your Target Heart Rate Zone varies and will depend on age; current level of conditioning; personal fitness goals.

Your Target Heart Rate Zone is a percentage of your maximum heart rate. If you are beginning, exercise near or below the lower limit of your target. Gradually build up to the higher part of the zone. Once you know what your body is capable of, you will know when to push harder or back off.

The American Heart Association recommends the FIT formula: F=Frequency (3-4 times a week); I=Intensity (50-75% of your maximum heart rate; T=Time (30 minutes a session).

The activity need not be strenuous to bring benefits and it is important to include it in your regular routine.