

# Healthy Habits

## From Prime of Life Fitness

### Are You Training in the Zone?

How can you tell if your workout is hard enough? The American College of Sports Medicine recommends 30 minutes of moderate aerobic exercise 5 days per week, but just how hard is moderate? You might find that it's easier than you think!

Aerobic exercise is defined as exercise that elevates your heart rate to 50-85% of your maximum heart rate. Moderate exercise is in the 50-70% of maximum heart rate zone, while more vigorous aerobic exercise is 70-85% of your maximum heart rate.

In the chart below, find your age across the top. For moderate exercise, keep your heart rate in the green zone. After 6-8 weeks of moderate exercise, you can begin to experiment with short bursts of effort in the yellow zone. Exercise in the red zone should be reserved for well-conditioned performance athletes.

Age	30	40	50	60	70	80	90
Est. Max HR	190	180	170	160	150	140	130
50%	95	90	85	80	75	70	65
60%	114	108	102	96	90	84	78
70%	133	126	119	112	105	98	91
85%	161.5	153	144.5	136	127.5	119	110.5
90%	171	162	153	144	135	126	117
100%	49	58	67	76	85	94	103

To check your heart rate, use your index and middle finger to locate your pulse on the inside of your opposite wrist. Count the number of beats in 15 seconds and multiply by 4 to get beats per minute.

Always check with your health care provider before you begin or modify your exercise program. Also be aware that maximum heart rate estimates are *only* estimates, and each individual's maximum can vary dramatically from the averages.

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