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－spuosəs 09 u！
słDəq fo ıəquinu әчł łunoכ pup

foof dnof fo dol＾
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－pəssəдpp әq о子 spəәu ұрчł иo！̣！puoə
 əsןnd ınof u！səбuрчつ｀əбпрб чłрәч－ұрәч




##  I OO MOH

 $220 \ominus \underset{\text { YOUR }}{\text { YOUR }} \ominus \begin{gathered}\text { Your } \\ \text { MAXIMUM } \\ \text { Heart Rate }\end{gathered}$


## Calculate Your TARGET Heart Rate

During MODERATE INTENSITY ACTIVITY，aim for about 50－70\％ of your maximum heart rate．
（multiply your maximum heart rate by 0.5 or 0.7 ）

During VIGOROUS PHYSICAL ACTIVITY，aim for about 70－85\％ of your maximum heart rate．
（multiply your maximum
heart rate by 0.7 or 0.85 ）
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## 270y 7100 H <br> WחWIXVW Jno

## O SERVR R！VEH wnWIXVN CNV EDO！AKEdV IVHM

## HOW DOI CHECK MY <br> HEART RATI？

Your heart rate－or pulse－is the number of times your heart beats per minute．
Knowing your heart rate can be an important heart－health gauge．Changes in your pulse may signify a heart condition or other condition that needs to be addressed．
BEST PLACES TO CHECK PULSE
$\checkmark$ Wrists
$\checkmark$ Inside of your elbow
$\checkmark$ Side of your neck
$\checkmark$ Top of your foot
Put your finger over your pulse and count the number of beats in 60 seconds．
If you＇re calm，relaxed，and aren＇t ill，resting heart rate is normally between 60 beats per minute and 100 beats per minute．


