

TARGET HEART RATE

MODERATE INTENSITY: AIM FOR 50-70% of maximum heart rate

A simple way to know if you are exercising at moderate intensity is to use the chart below.

- 1) Find the age that is closest to yours
- 2) Go across the chart from your age and read the figure in the red (55%) and yellow (70%) columns
- 3) These figures let you know what range your heart rate should be during exercise for a 10 second count. So moderate intensity for a 50 year old person would be when their heart rate remains between 16 and 20bpm for a 10 second count.
- 4) During exercise you can stop and take your pulse for 10 seconds to see if it's within the moderate intensity range.

Age	55%	60%	70%	80%	85%
15	19	21	24	27	29
20	18	20	23	27	28
25	18	19	23	26	28
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
70	14	15	18	20	21
75	13	15	17	19	21
80	13	14	16	19	20