

***Finding your maximum heart rate**

There are many different exercise tests that one can take to find their maximum heart rate. For most people, the equation below can help to closely determine the proper heart rate zones. Although this equation is better than nothing, every heart and every body is different.

If you are interested in learning more, a Vo2 max test will give the individualized results you may need!

Subtract your age from 220. That number represents your maximum heart rate. Take this number and multiply it by 65% to find the base of your “aerobic zone”. Then take your max heart rate and multiply it by all of the percentages listed in the chart above to find each of your training zones!

****Rate of perceived Exertion**

6 No exertion at all

7 Extremely light

8

9 Very light - (easy walking slowly at a comfortable pace)

10

11 Light

12

13 Somewhat hard (It is quite an effort; you feel tired but can continue)

14

15 Hard (heavy)

16

17 Very hard (very strenuous, and you are very fatigued)

18

19 Extremely hard (You can not continue for long at this pace)

20 Maximal exertion