

# MEASURING YOUR HEART RATE



Target heart rate zones are another way to measure intensity. You can manually take your heart rate on your wrist or neck or you can wear a heart rate monitor.



Some wearable technology (Fitbit, Garmin, and Polar) have wrist based heart rate monitors in their products. This can be convenient, but keep in mind that the wrist based heart rate might not be as accurate as a chest strap or taking it manually. Periodically check your own measure against the heart rate displayed on the device.

## MANUALLY TAKING YOUR HEART RATE

Use your index and middle finger to take your pulse.



### WRIST

You can find your pulse on the inside of your wrist, about an inch below your thumb.



### NECK

You can find your pulse on the side of your neck about an inch below your jawline. It should be just beside the Adam's apple/voice box.

## CALCULATING YOUR HEART RATE ZONE

Exercise professionals recommend using a target heart rate (HR) zone of 50-75% of your maximum heart rate (%HRmax). Your age-predicted maximum HR is calculated with the following equation:  $220 - \text{age}$

Here is an example of calculating %HRmax for a 60 year old man:

$$\begin{array}{lll} \text{HRmax} = 220 - \text{age} & 50\% \text{HRmax} = 160 \times 0.5 & 75\% \text{HRmax} = 160 \times 0.75 \\ = 220 - 60 & = 80 \text{ bpm} & = 120 \text{ bpm} \\ = 60 \text{ bpm} & & \end{array}$$

**Calculated Heart Rate Zone: 80-120bpm**

Take your heart rate for 10 seconds. Divide the numbers you calculated above by 6 seconds to get the number of beats in 10 seconds.

$$\begin{array}{ll} 75\% \text{HRmax} = 120 \text{ bpm} / 6 & 50\% \text{HRmax} = 80 \text{ bpm} / 6 \\ = 20 \text{ beats in 10s} & = 13 \text{ beats in 10s} \end{array}$$