

My Beating Heart Measuring your pulse at rest, during, and after activity

How to find your heart rate

1. Your pulse or heart rate is the number of times your heart beats per minute. Check your own pulse by placing the tips of your first three fingers lightly on the inside of your wrist below your thumb. You can also check your pulse by placing two fingers on your neck beside your windpipe.
2. Once you feel a pulse, use the second hand of a watch or clock to time 15 seconds while simultaneously counting your heart beats.
3. Multiply the number of heartbeats by four to get your heart rate per minute.
Number of beats in 15 seconds _____ $\times 4 =$ _____ beats per minute (BPM).
4. After completing each of the activities described at the bottom of the table measure your heart rate.
5. Shade in the box that corresponds with your heart rate.



230						
220						
210						
200						
190						
180						
170						
160						
150						
140						
130						
120						
110						
100						
90						
80						
70						
60						
Heart rate	Fully rested	Walking for 1 minute	Running around	Jumping jacks and burpees	1 minute after cooldown	5 minutes after cooldown
Intensity	Rest	Moderate	Moderate	Vigorous	Rest	Rest

How hard should your heart be working?

Your maximum heart rate is the maximum number of times your heart should beat per minute during exercise. It is not recommended to maintain physical activity at your maximum heart rate as it works your heart very intensely. Instead, aim to maintain your heart rate with the target heart rate zone during moderate to vigorous physical activity. A recommended target heart rate for moderate intensity physical activity is between 64%–76% of your maximum heart rate, and 77%–93% of your maximum heart rate for vigorous intensity exercise.

Calculate your maximum heart rate by subtracting your age from 220.

$$\begin{array}{r} 220 \\ - \text{_____} \\ \hline \text{_____} \end{array} \quad \begin{array}{l} \text{your age} \\ \text{your maximum heart rate} \end{array}$$

Calculate your target heart rate for moderate intensity.

$$\begin{array}{r} \text{_____} \\ \times 0.70 \\ \hline \text{_____} \end{array} \quad \begin{array}{l} \text{your maximum heart rate} \\ 70\% \\ \text{your moderate intensity activity target heart rate} \end{array}$$

Calculate your target heart rate for moderate intensity.

$$\begin{array}{r} \text{_____} \\ \times 0.85 \\ \hline \text{_____} \end{array} \quad \begin{array}{l} \text{your maximum heart rate} \\ 85\% \\ \text{your vigorous intensity activity target heart rate} \end{array}$$

What surprised you most when identifying and measuring your heart rate?

What changes in your body and your heart rate did you observe while moving from a resting state to moderate and/or vigorous physical activity?

What are some moderate-intensity activities that you enjoy?

What are some vigorous-intensity activities that you enjoy?

Reference

"Target Heart Rate and Estimated Maximum Heart Rate." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 3 June 2022, [www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm#:~:text=You%20can%20estimate%20your%20maximum,beats%20per%20minute%20\(bpm\)](https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm#:~:text=You%20can%20estimate%20your%20maximum,beats%20per%20minute%20(bpm).).