

Target Heart Rate

Your exercise heart rate, called the Target Heart Rate, is one of the best ways to find out exercise intensity.

Finding Your Target Heart Rate Zone

The most healthful physical activity level uses 50 to 75 percent of your “maximum” heart rate, which is the fastest your heart should beat based on your age. During the first few months of your activity program, aim to reach 50 percent of your maximum rate. As you get into better shape, you can slowly build up to 75 percent of your maximum heart rate. To find your target heart rate zone, look for the age closest to yours in the table below. For example, if you are 30 years old, your target zone is 95-142 beats per minute during aerobic exercise. If you are 43 years old, your closest age on the chart is 45, so your target zone is 88-131 beats per minute. The figures in the table are averages, so use them as general guidelines.

What is My Target Heart Rate Number?

Age	Target Range (per 60 seconds) Zone: 50%-75%	Maximum Heart Rate 100% per minute
20	100-150	200
25	98-146	195
30	95-142	190
35	93-138	185
40	90-135	180
45	88-131	175
50	85-127	170
55	83-123	165
60	80-120	160
65	78-116	155
70	75-113	150

What is the target heart range zone for my age? _____

A Note about Medications: A few blood pressure medications lower the maximum heart rate and the target heart zone. Some medications and caffeine increase your pulse. Ask your healthcare provider if you have questions.