

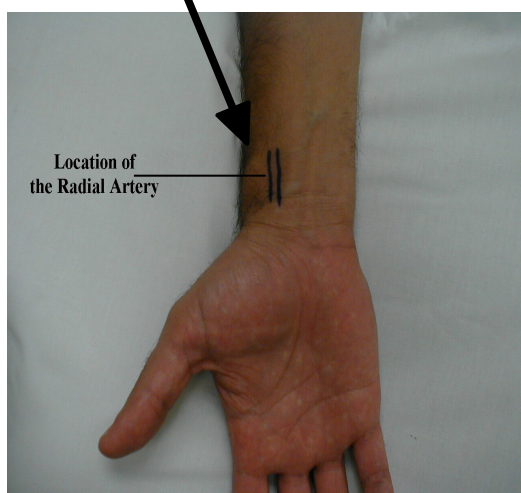


WORKSHEET : HOW TO MEASURE THE INTENSITY OF YOUR PHYSICAL ACTIVITY

Our heart is without a doubt a vital organ to live healthily, but it is also important because it gives us an interesting information about how well your heart is functioning, how well you are working out and your fitness level.



To get this information you should calculate your -heart-rate- manually. The heart rate is the number of times your heart beats per minute. The best way of finding your heart rate is by finding your radial artery. You can find it two inches from your wrist.



To find your pulse, you should use your **index** and **heart** finger, but never, ever use your thumb finger because it has its own pulse.



Once you find your pulse you can count for a full minute, for 6 seconds or 10 second. If you choose the first option you don't have to do calculation. If you counted for 6 seconds you multiply the number of beats by 10 to get your heart rate. If you counted for 10 seconds you have to multiply by 6 to get your heart rate.

WHAT'S YOUR MAXIMUM HEART RATE?

It's the maximum intensity your heart is able to workout. You can calculate it with this formula:

$$\text{HEART RATE MAX} = 220 - \text{your age}$$



WHAT'S THE RESERVE HEART RATE?

RESERVE HEART RATE : Heart rate max – Heart rate resting

HOW TO CALCULATE YOUR TARGET HEART RATE?

Experts say the target zone usually is between 60- 80%. 60% is the lower limit of your target heart rate and 80% is the upper limit.

$\text{THR (upper limit)} = \text{heart rate reserve} \times 0.8 + \text{RHR}$

$\text{THR (lower limit)} = \text{heart rate reserve} \times 0.6 + \text{RHR}$

Target Heart Rate = your THR (lower limit) + your THR (upper limit) / 2



BILINGUAL SECTION 3º ESO

