

Jeni's Health & Fitness Tips

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Hi Everyone!

I'm often asked in class "What is the ideal heart rate for cardiovascular work"? Well this depends upon your age and your goal. For example if you wanted to lose weight, firstly you need plenty of cardiovascular exercise. This will elevate your basal metabolic rate, which means you will be burning more calories even while sleeping.

For weight loss cardiovascular exercise should be performed 3 to 5 times a week at an intensity of between 60% to 80% of your maximum heart rate. To calculate this follow these steps.

- Take your **resting heart rate** first thing in the morning before you get out of bed. You can time it for 15 seconds then multiply by 4 to get the beats per minute (**RHR**).
- 220 minus your age. This gives your "**maximum heart rate**" (**MHR**).
- Take your "resting heart rate" away from your "maximum heart rate". This will give your "**Heart rate reserve**" (**HRR**).

Having obtained these figures, the formula is:

$$\text{HRR} \times 0.6 = \dots\dots\dots + \text{RHR} = 60\%$$

$$\text{HRR} \times 0.7 = \dots\dots\dots + \text{RHR} = 70\%$$

Working above 80% is not the most efficient for fat burning but it will improve cardiovascular function and fitness.

Yours in health,

Jeni

