

Mayo Clinic Minute

Are you hitting your target heart rate?

VIDEO	AUDIO
	As Rebecca runs, she's monitoring more than the mileage.
	<i>Sound of feet on a treadmill</i>
	She's also tracking her heart rate.
Title: Nicole Burow Health and Wellness Coach Mayo Clinic	"The benefit to working out in your target heart rate zone is to improve your cardiovascular and your respiratory health."
Graphic: Target heart rate Strengthens heart Builds lung capacity Improves overall health	Nicole Burow is a Mayo Clinic health and wellness coach. She says exercising at your target heart rate strengthens but doesn't overwork your heart. It also builds lung capacity and improves overall well-being.
	<i>Sound of feet on a treadmill</i>
Graphic: 220 - Age = Maximum heart rate	To find your target heart rate, subtract your age from 220 to reveal your maximum heart rate.
Target heart rate Percentage of maximum heart	A target heart rate is a percentage of your maximum heart rate.
Nicole Burow Graphic: Target heart rate 50-70 percent: Moderate 70-85 percent: Vigorous	"Fifty to 70 percent is more moderate exercise. Seventy to 85 percent is a more vigorous-intensity exercise for most people."
	Pick your target.
	Then, make sure you're hitting it by checking your heart rate during exercise.
	<i>Sound of feet on a treadmill</i>
	Burow says wearable technology may be more

	accurate than the pulse monitors built into machines. And ...
Nicole Burow	"... the most accurate you're going to get is if you take your own pulse ...
Nicole Burow	... either at your neck or at your wrist."
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.