

Heart Rate Monitoring

I have heard too many times to count, I don't need to wear a heart rate monitor, or check- I know where I am at. It is no coincidence that this is usually from the people that say that they exercise regularly for many years and can't seem to get any results...

The simple truth is that intensity is essential!

I cannot stress enough the importance of being aware of whether you are working hard enough. I say all the time to people I work with, why bother showing up and just "get thru it"- we all want to see results!

The standard formula for figuring heart rate exercise goals is to take 220 minus your age to determine maximum heart rate, and then multiply in terms of percentages and work out accordingly. The only problem with this is that it doesn't take into account YOUR heart, instead it looks only at your age- All research has shown that one's maximum heart rate doesn't decline if you maintain a decent level of fitness just because you add years to your life. Therefore with my training and experience, I chose to teach the KARVONEN Method which will require a lit

Your number	x	Add back YOUR resting	=	Difference
	x 50%		=	
	x 65%		=	
	x 75%		=	
	x 80%		=	
	x 85%		=	
	x 92%		=	

KARVONEN METHOD:

$$\text{Target Heart Rate} = [(\text{Max Heart Rate} - \text{Resting Heart Rate}) \times \% \text{Intensity}] + \text{Resting Heart Rate}$$

You will need to know your resting heart rate- best case is to wear your monitor to bed and wake up a few days in a row and take an average, you can also do the same thing after you have been at rest in a sitting position for an hour...

Figure Your true resting heart rate: _____

THESE WILL BE THE NUMBERS THAT YOU USE DURING YOUR WORKOUTS!