

# Wellness Topic

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## Target Heart Rate

The Target Heart Rate or Training Heart Rate (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. This theoretical range varies based on a person's physical condition, gender, and previous training. Below is one way to calculate one's THR. In this method, there is an element called "intensity" which is expressed as a percentage. The THR can be calculated as a range of 60%–90% intensity. However, it is crucial to derive an accurate THR max to ensure these calculations are meaningful.

Example for someone with a Maximum Heart Rate of 180 (age 40, estimating MHR as  $220 - \text{age}$ ):

60% intensity:  $(220 - (\text{age} = 40)) \times 0.60 \rightarrow 108$  bpm

90% intensity:  $(220 - (\text{age} = 40)) \times 0.90 \rightarrow 162$  bpm

Use 226 instead of 220 for Females.