

What Should Your Heart Rate be When Exercising

This is a very common question that we get. What should your heart rate be when exercising? I love this question because you are exercising and want to make a difference or wanting to start an exercise program. There are a few points to consider when determining what your heart rate should be when exercising. I will talk about this below. You can get a lot of information out there but it is so important to really understand your cardiovascular risk, precautions and symptoms of heart disease. There is no reason why someone cannot exercise. No matter who you are or what your disability there is always something that can be done.

What should your heart rate be when exercising?

1. For starters it is important to understand what you are doing for exercise. If you have never done an exercise program or starting an exercise program then I would suggest starting off with an aerobic exercise routine. This heart rate will be much lower than doing sprints, boot camps, cross fit or weight training. I would never start off with the higher intensity that is something you can work up to. I will discuss what your heart rate should be when performing aerobic exercises such as walking, biking, swimming etc.
2. If you have never exercised before or you are starting an exercise program after a heart event then it becomes so important to receive the correct education to ensure you are exercising safely and effectively. If you have never had a heart attack and are starting an exercise program then I there are a few things that you can do. Again I would start off by receiving the correct education to really understand your cardiovascular risk factors, understand your precautions to exercise and understand symptoms of heart disease. This can be achieved by attending a cardiac rehabilitation program or getting the correct information, cardiac rehabilitation
In either case I would suggest seeing or consulting with a heart health expert like the Heart Fit Clinic over the phone, email or in person.
3. He is what your heart rate should be when exercising if you have not had a heart disease event:
There is a common formula used to determine your maximum heart rate, which is $220 - \text{age}$. It is just an estimate but you can try this to see.
This formula does not work if you are taking any cardiovascular medications.
Here is an example if you are 50 years old with a resting heart rate of 70.
step 1: determine estimated maximum heart rate = $220 - 50(\text{age}) = 170$
step 2: determine your heart rate reserve = $170 (\text{max heart rate}) - 70 (\text{resting heart rate}) = 100$
step 3: determine 50% of your reserve = $100 \times 50\% = 50$
step 4: heart rate when exercising would be 120.
4. What should your heart rate be when exercising if I am taking cardiovascular medications? As mentioned above if you are taking cardiovascular medications or have had a cardiovascular event then you will require more education to determine what your heart rate should be when exercising. This would require a consult with a heart health

specialist like the Heart Fit Clinic over the phone, email or in person as each case may be a little individual and dependent on history.

Just take the time to educate yourself to be a success with your heart health. It is so important to invest in your health and have the right mindset to beat heart disease. As always I am here to help.

To your heart health success,

Diamond Fernandes