



## Aerobic exercise...

Also known as **cardiovascular exercise** uses your large muscle groups and can be maintained continuously for a period of time. 20 – 60 minutes of aerobic exercise most days of the week at an appropriate intensity level is recommended. *(See table below)* Two to three 10 minute bouts of moderate intensity exercise during the day can also be effective when fitting in longer exercise time is difficult.

The **talk test** is an easy way to measure if you are working at a good intensity level. It's *simple*, if you can carry on a light conversation while exercising you are working you're working to hard. For maximum health benefits you should increase your heart rate to a level known as your **target heart rate**. Your target heart rate is another guide that can help you measure if your muscles and heart are working at the right level for you.

**Examples** of aerobic activities include: aerobic dance, walking, jumping rope, jogging, swimming, and cycling.

**Checking your pulse:** Stop exercising and find your pulse by placing your first and middle finger on the inside of your wrist, thumb side or on your neck midway between your Adam's apple and your earlobe. Press lightly and count pulse for 10 seconds

10 sec pulse x 6 = beats per minute (bpm)

AGE	BEGINNER 60%-70%		INTERMEDIATE 70%-80%		ADVANCED 80%-90%	
	Beats/min	Beats/10 sec	Beats/min	Beats/10 sec	Beats/min	Beats/10 sec
up to 19	120 - 140	20 - 24	138 - 155	23 - 25	150 - 174	25 - 29
20 - 24	120 - 140	20 - 24	138 - 155	23 - 25	144 - 174	24 - 29
25 - 29	115 - 137	18 - 22	135 - 152	22 - 25	144 - 166	24 - 29
30 - 34	110 - 133	18 - 22	131 - 147	21 - 24	138 - 162	23 - 27
35 - 39	110 - 130	18 - 21	128 - 142	21 - 23	136 - 160	22 - 26
40 - 44	96 - 126	16 - 21	124 - 139	20 - 23	128 - 151	21 - 25
45 - 49	96 - 123	16 - 20	121 - 135	20 - 22	126 - 146	21 - 25
50 - 54	90 - 119	15 - 19	117 - 132	19 - 22	120 - 142	20 - 23
55 - 59	90 - 116	15 - 19	114 - 130	19 - 21	110 - 139	18 - 23
60 +	90 - 112	15 - 18	110 - 127	18 - 21	100 - 134	16 - 22

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\* These figures should be used as general guidelines

Before beginning any exercise program, it may be recommended that you consult a physician or other qualified health care provider. Some medications may lower the maximum heart rate. A physician or other health care provider can determine your target heart rate, type of exercise, the frequency, and the appropriate intensity.