

Tips for successful use of my heart rate monitor:


1. Drench the electrodes on the chest strap using water, saliva, saline solution, or an EKG gel (sold in medical stores). This helps to make sure there is optimal transmission of current from your heart to your monitor.
2. Make sure the chest strap is snug enough to ensure optimal electrode contact with the skin.
3. Dry the electrodes after use and store in a container that is **not** air tight. This is necessary to deactivate the transmitter and will help prolong the life of your monitor.
4. Avoid extreme temperatures. Most monitors operate in a temperature range from the mid-teens to about 120 degrees.
5. Read your heart rate monitor's instructions. Become familiar with its functions so you are able to use it to maximum advantage.



For More Information:

Earle, R., & Baechle, T. (2004). *Nsca's Essentials of Personal Training* (Second ed.).

William, H., & Pate, R. (2007). Physical Activity and Public Health: Update Recommendation for Adults. *American College of Sports Medicine*, 39 (8), 1423-1434.



Get in **YOUR** zone and **ENJOY** your heart rate monitor!!

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Get up! Your heart wants you to!

Get in **YOUR** zone using a **HEART RATE MONITOR**

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Using a heart rate monitor to help you be active!

The American College of Sport Medicine's recommendations for physical activity in adults:

The ACSM guidelines state that adults (18-65yrs) should participate in at least 30 minutes of moderate intensity aerobic activity five days of a week. If you are up for more vigorous type exercise then you can participate in 20 minutes of vigorous-intensity aerobic activity three days a week. These activities must be in addition to your regular daily activities, and can include exercise in bouts of 10 minutes or longer.

Why monitor my heart rate (HR)?

It is important for adults to be building lifelong, healthy physical activity habits. A heart rate monitor is a great means of gauging how hard you are working (intensity) while participating in activities that you enjoy. In addition, it will help provide an awareness as to which activities provide the best cardiovascular and heart healthy benefits.

How do I determine my heart rate zones?

Your heart rate zones are determined by your age. To calculate your age-predicted maximum heart rate (APMHR), subtract your current age from 220 and multiply by the percent intensity in decimal form.

$APMHR = (220 - \text{Age})$

Example: $220 - 20 \text{ years} = 200 \text{ BPM}$

$\text{Goal HR} = APMHR \times \% \text{ Intensity of the workout}$

Goal = 75%

$\text{Goal HR} = 200\text{bpm} \times 0.75 = 150\text{bpm}$

What are my heart rate zones?

< 50% HRmax = very light activity

60-65% HRmax = light activity

65-75% HRmax = moderate activity

75-95% HRmax = vigorous activity

> 95% HRmax = very hard activity

What should my goals be?

Below is a list to see which training zone you would fit into based on your current activity. In order to use the formulas below you would multiply the range of the zone that best fits you by your APMHR to get your training zone HR for that exercise bout.

Previously Sedentary: 50-70%
(for 20 year olds: 100 -140 BPM)

Currently Active: 70-85%
(for 20 yrs old: 140 - 170 BPM)

Training: 65-95%
(for 20 yrs old: 130 - 190 BPM)

During the different parts of your workout, it is important to know what range your HR is in and compare that to where you should be. Below there is a list of the zones that you should be in during the progression of your workout..

Warm-Up (5-15 min.): reach the lower end of prescribed % intensity (for 20 yrs old: 100 - 120 BPM)

Cardiovascular Aerobic Endurance (30-60 min): 50-70% of APMHR (for 20 yrs old: 100 - 140 BPM)

Cool Down (5-10 min.): reduce HR to near pre-exercise level (for 20 yrs old: 120 BPM or less)

Keep in mind, in order to progress or improve your fitness level, you should work in most of the zones. Recovery days or light activity days are just as important as the vigorous and very hard activity days..

What are some HR monitors that would be great for me?

There are many heart rate monitors currently on the market. Considering their increasing popularity, many have decreased in price. The key is to find one that suits your goals. If you are solely focused on training zones, you may be interested in a watch that has more functions such as being able to download your HR's. This function also allows you to update and plan your workouts on the computer and view past workouts. Polar HR monitors are great for this function. If you are a more serious athlete, the Garmin heart rate monitor can help track calories, plan workouts, display speed and pace, and works as a GPS. The most important thing is to make sure your monitor suits your needs. Best piece of advice: Don't pay for functions you will likely never use!



How can my HR monitor motivate me to reach my fitness goals?

Wearing a heart rate monitor can motivate you to get to the level of fitness that you aspire. It is an excellent tool to help you stay on track during your physical activities. If you wear your heart rate monitor regularly, you can push yourself to reach your target heart zone at each workout (remember that proper training does not require you to reach your age-predicted maximum heart rate at each workout). Reaching and staying in this zone will maximize your workout, resulting in an improvement in performance and your level of fitness. To keep yourself motivated, continually revamp your fitness goals! A few suggestions for doing this include:

- increase your percent intensity
 - change the time you are working at various intensities (try interval training)
 - increase the duration of your workout.
- Remember to give yourself "rest" days in between high intense workouts. Feel free to participate in lower intensity activities on these days.

Make goals for yourself and make sure they are smart- specific, measurable, action-based, realistic, and timeline-specific. Set up a reward system for yourself for achieving your goals. These rewards should promote and enhance your active lifestyle, not hinder it. And lastly, HAVE FUN!!

GET UP!
Your heart
thanks you
for it!