

## TARGET HEART RATE

### What is it?

THR is the desired range of heart rate reached during cardiovascular exercise. This allows your heart and lungs to get the most benefit from a workout.

### How does it affect cardiovascular fitness?

The more time you spend in your THR range, the more your cardiovascular fitness levels will increase.

### How do I count my heart rate?

1. Locate your carotid artery in your neck.
2. Place your index and middle fingers on this artery.
3. Count the number of beats you feel for 6 seconds.
4. Multiply that number by 10 or just add a zero to the end of the pulse count.

### What should my range be?

The range for junior high students is 140-170. This is 70-80% of your maximum heart rate.