

# KNOW YOUR HEART RATE

This table shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age. (Source: Center for Disease Control)  
In the age category closest to yours, read across to find your target heart rates. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-85% of maximum. These figures are averages, so please use them as a general guide.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

SOURCE:

<https://healthyforgood.heart.org/move-more/articles/target-heart-rates>

<https://www.cdc.gov/physicalactivity/basics/measuring/heartrate.htm>



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