



February Homeworkout



February is Heart Health Month!!

You know that exercising is good for your health. **QUESTION:** But how do you know if the exercise you are doing is good enough to actually improve your heart (and lung) strength and endurance?

ANSWER: By making sure you raise your heart rate in to the **TARGET HEART RATE ZONE**.

Your assignment this month is to determine your **resting heart rate**, your **maximum heart rate**, and your **minimum** and **maximum target heart rates**. And then, armed with that knowledge, do some activities that actually get your heart rate in the target zone. Use the following information to help you find those numbers, and fill them in below:

Resting heart rate—Without using any fancy equipment, you can find your resting heart rate. All you need is a watch and your fingers. Start by sitting or lying down comfortably for at least a couple minutes—this is your **resting heart rate** so you should be in a relaxed state. Using the index and middle fingers of one hand, find your pulse either at your neck or on your wrist. Count the beats for 15 seconds, and then multiply that number by 4. The resulting number is how many **beats per minute** (bpm) for your resting heart rate. If you do it several times throughout the day, you will probably find it fluctuates some 5-10 beats per minute. Your lowest rate is going to be right when you wake up in the morning (unless the alarm clock jolts you awake!).

Maximum heart rate—Take your age and subtract it from 220. This is your **maximum heart rate** (Max HR). Pretty simple! You will use this number to calculate your target heart rates.

Target heart rate zone—This is the range that you want to raise your heart rate up to during exercise, to improve or maintain your cardiorespiratory (heart and lungs) conditioning. The **minimum target heart rate** is about 60% of your maximum heart rate, and it will raise your heart rate enough to allow for fat burning—assuming you exercise for a long enough period of time—at least 30 minutes is recommended. To calculate it, multiply your Max HR x 0.6. (It is okay to use a calculator for this!) The **maximum target heart rate** is about 85% of your maximum heart rate, and this is for high performance in well-conditioned athletes. To calculate it, multiply your Max HR x 0.85. To help improve or maintain your cardiorespiratory conditioning you want to raise your heart rate to somewhere in your **target heart rate zone**, which is 60-85% of your maximum heart rate.

Resting heart rate _____ bpm
(bpm = beats per minute)

Minimum **target** heart rate _____ bpm
(Max HR x 0.6)

Maximum heart rate _____ bpm
(Max HR)

Maximum **target** heart rate _____ bpm
(Max HR x 0.85)

So, your **target heart rate zone** is from _____ to _____ bpm.

Name at least 2 activities you like to do that raises your heart rate into the target heart rate zone:

February 2012

Name _____

Teacher _____

Franklin PE "Homeworkout"

For each day that you are active, briefly state the type of activity and how long it lasted (Example: Basketball practice—1 hour, or Shoveling snow—30 min.)

****Try to be active at least 5 days a week, 60 min/day!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 JRFH & HFH @ Roosevelt 10-12
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

"Be Active, Stay Healthy"

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At the end of the month, have your parent sign & return
DUE DATE: Week of Feb 29-Mar 2.

Parent signature:

