



Assess your Fitness Level

Target Heart Rate

Karvonen method

Percentage Body Fat

Body Mass Index



Target Heart Rate

- $(220 - \text{your age}) \times \text{target percentage}$

- i.e. 75% exertion for age 35 is 138 beats per minute:

- calculation:

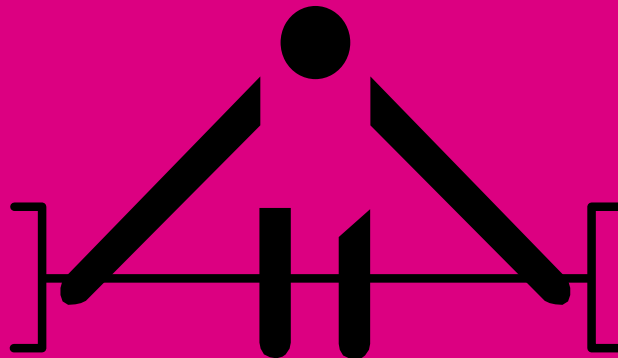
$$(220 - 35) \times .75 = 138$$

88:88



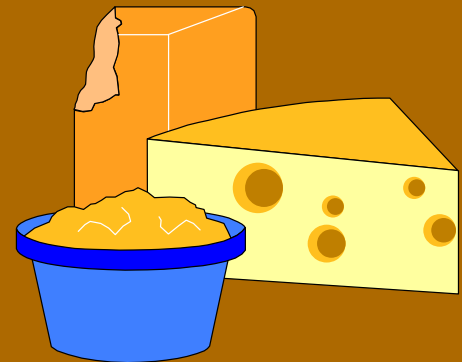
Karvonen Method

<i><35</i>	<i>Very Light</i>
<i>35 - 49</i>	<i>Light</i>
<i>50 - 74</i>	<i>Moderate</i>
<i>75 - 84</i>	<i>Heavy</i>
<i>>85</i>	<i>Very Heavy</i>



Percentage Body Fat

Maintain a healthy percentage of body fat
Popular measurements include
skinfold measurements
under-water weighing



Body Mass Index

BMI compares weight to height
Good indicator of general body composition

