

A decorative border consisting of numerous small, colorful squares and diamonds in shades of blue, green, yellow, orange, and red, scattered along the left and bottom edges of the slide.

Assess your Fitness Level

Target Heart Rate

Karvonen method

Percentage Body Fat

Body Mass Index

Target Heart Rate

(220 - your age) X target percentage

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

calculation:

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

88:88

Karvonen Method

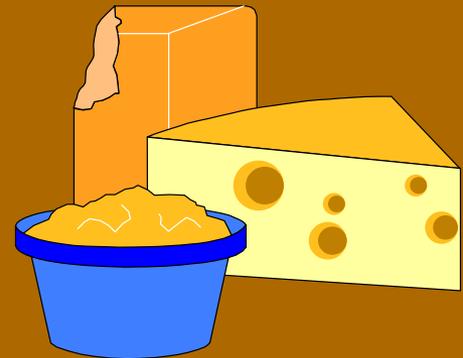
<i><35</i>	<i>Very Light</i>
<i>35 - 49</i>	<i>Light</i>
<i>50 - 74</i>	<i>Moderate</i>
<i>75 - 84</i>	<i>Heavy</i>
<i>>85</i>	<i>Very Heavy</i>



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

