

TARGET HEART RATE

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

http://www.heart.org/HEARTORG/GettingHealthy/HealthyEating/PhysicalActivity/Target-Heart-Rates_UCM_434341_Article.jsp

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **At least 5** days per week for a total of **150** minutes



OR

At least **25** minutes of vigorous aerobic activity **At least 3** days per week for a total of **75** minutes



or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity **At least 2** days per week for additional health benefits



For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week



FRUITS & VEGETABLES

Try for 4-5 servings of each per day.*
What counts as a serving?

 American Heart Association
 American Stroke Association
life is why™

FRUITS

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT



FRUIT JUICE**



VEGETABLES

RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

heart.org/gettinghealthy

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