



# The Take Control Two-Step

## Small Steps to Manage Chronic Diseases

### Be Active

#### Get your heart pumping!

To get the most out of your aerobic activity, you want to reach a moderate level of intensity. An easy way to gauge the intensity of your activity is to monitor your heart rate while you exercise. This table shows estimated target heart rates for different ages.

**Important Note:** Some high blood pressure medications lower the maximum heart rate. If you're taking medicine for hypertension, ask your doctor what your target heart rate should be.

Age	Target HR Zone, 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
25 years	98-166 beats per minute	195 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

For other reasons to get active, visit:

[www.heart.org/HEARTORG/Conditions/HighBloodPressure/  
PreventionTreatmentofHighBloodPressure/Physical-Activity-and-Blood-Pressure\\_  
UCM\\_301882\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Physical-Activity-and-Blood-Pressure_UCM_301882_Article.jsp)