

Aerobic exercise

How do I exercise aerobically?

To achieve the greatest benefits from exercise, you should warm up, do an activity for 20 to 30 minutes, and cool down. Do this 3 to 5 days a week. Your heart rate should be in the target zone (60 to 75% of your maximal heart rate) during the exercise session.

To figure out your target zone

1. Subtract your age from 220 to get your maximal heart rate (MHR).

$$220 - \frac{\text{your age}}{\text{(your age)}} = \frac{\text{MHR}}{\text{(MHR)}}$$

2. Multiply your MHR by .60 and by .75.

$$\frac{\text{MHR}}{\text{(MHR)}} \times .60 = \frac{\text{lower target heart rate}}{\text{(lower target heart rate)}}$$

$$\frac{\text{MHR}}{\text{(MHR)}} \times .75 = \frac{\text{upper target heart rate}}{\text{(upper target heart rate)}}$$

3. Your target zone is:

$$\frac{\text{lower}}{\text{(lower)}} \text{ to } \frac{\text{upper}}{\text{(upper)}} \text{ beats per minute.}$$

What else do I need to know?

These are the **warning signs** that you are working too hard and need to slow down or stop:

- too short of breath to talk while exercising
- light-headed
- dizzy
- upset stomach
- extreme fatigue
- chest pain

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, call your child's doctor or physical therapist.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit www.childrensmn.org/A-Z.

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