



# HEART RATE ZONES CHART



**Below are the estimated heart rates for exercising from The National Heart Foundation of New Zealand:**

Age	Approximate Maximum Heart Rate (MHR)	Target heart rate for low to moderate intensity exercise (50-70% of maximum for MHR)
20	200 bpm	100 - 140 bpm
30	190 bpm	95 - 133 bpm
40	180 bpm	90 - 126 bpm
50	170 bpm	85 - 119 bpm
60	160 bpm	80 - 112 bpm
70	150 bpm	75 - 105 bpm
80	140 bpm	70 - 98 bpm
90	130 bpm	65 - 91 bpm

Regular exercise can help reduce your risk of heart disease and other health conditions, such as diabetes. To keep your heart healthy, you should aim to do 150 minutes of low to moderate intensity exercise a week. **If you have a heart condition, talk to your doctor about what exercise and target heart rates are safe for you.**