

Heart Rate Zone Chart

	HR Zone BPM	Benefits	Perceived Exertion	Recommended For
PERFORMANCE	90 to 100% 180 – 200	Max performance & speed	Exhausting for breathing and muscles	Those training for specific vigorous performances
HEART HEALTH	70 to 90% 140 – 180	Aerobic fitness & performance capacity	Some muscle fatigue, heavy breathing, sweating	Everyone: Moderately long activity
	60 to 70% 120 – 140	Basic endurance and fat burning	Light muscle exertion, easy breathing, light sweating	Everyone: Longer, more frequent activity
ACTIVE	50 to 60% 100 – 120	Overall health, warm-up, and cool-down	Easy for breathing and muscles	Everyone: Active warm-up & recovery

In your own words, list the health benefits of the heart health zone and describe why those benefits are important to you and the people you care about.

