

Heart Rates

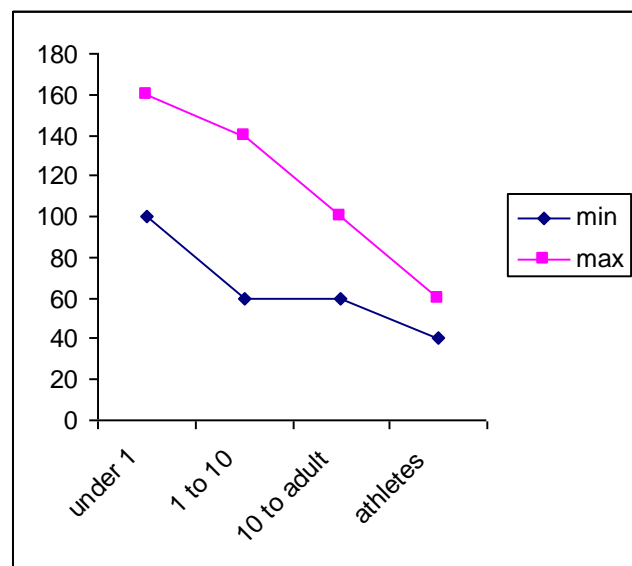
This chart shows how normal heart rates differ with age. These heart rates would be found by taking the pulse when the person is lying down, or sitting quietly.

Heart Rates at Rest		
age or fitness level	heart rate (beats per minute)	
	minimum	maximum
baby to 1 year	100	160
child 1 to 10 years	60	140
child 10+ to adult	60	100
very fit athlete	40	60

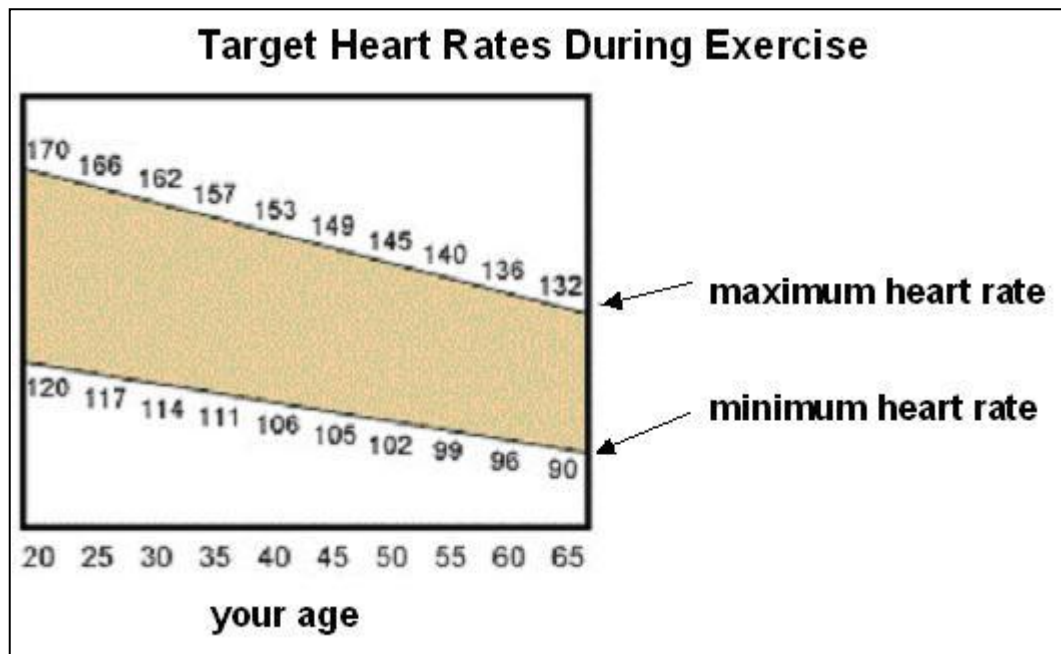
1. Which age group has the highest resting heart rate?
2. Do athletes have higher or lower heart rates than most other adults?

Here is the exact same information in the form of a line graph.

Would you get the same answers to the two questions above using this graph?



This graph shows normal heart rates for people who are doing heavy exercise. When exercising, aim for a heart rate appropriate for your age. This is called a target heart rate. In a good exercise session you try to keep your heart rate at this level for at least half an hour. A range from minimum to maximum is given for each age group. If you haven't been exercising for a while, aim for the lower target heart rate. Work your way up to the higher rate later.



3. A 55-year-old man is jogging. He checks his heart rate and finds it is 150 beats per minute. Is this normal?
4. A 30-year-old woman, who has not been active for about a year, has just started aerobics. What heart rate should she aim for in her first class?
5. What extra information is given in the chart on the next page that you don't find on this line graph?

Target Heart Rates during Exercise		
age	heart rate (beats per minute)	
	minimum	maximum
20	120	170
25	117	166
30	114	162
35	111	157
40	106	153
45	105	149
50	102	145
55	99	140
60	96	136
65	90	132
70	90	120
75	87	116