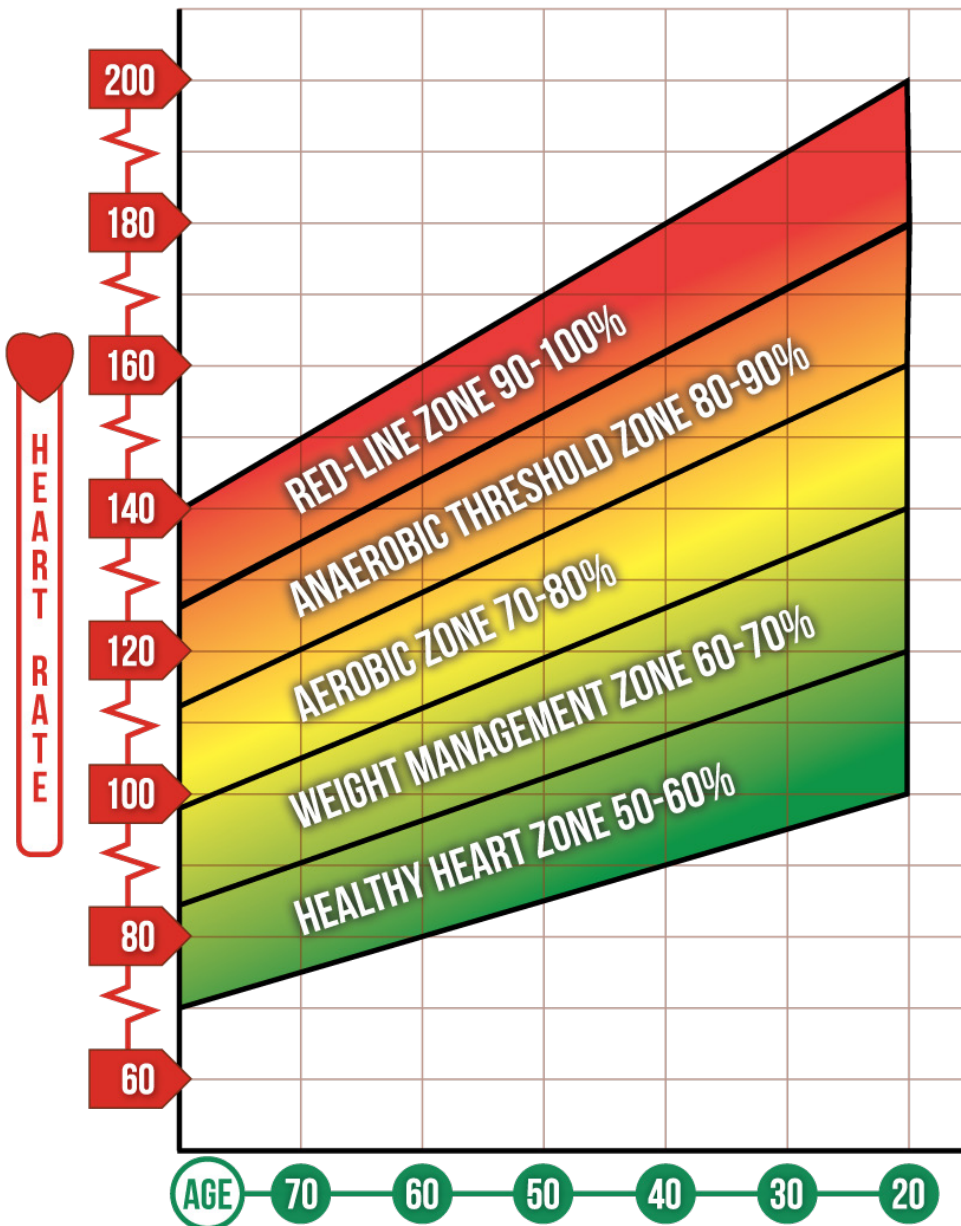


CHOOSE
2 WALK

CHOOSEWELL: TARGET HEART RATE ZONES



MAXIMUM HEART RATE (MHR) = 220-AGE

Red-Line Zone: This zone represents maximum effort that can generally be kept up for a short period of time. This range is for athletes who wish to increase their performance and explosive power.

Anaerobic Threshold Zone: This zone is for people who wish to perform short, intense bouts of exercise. It is hard to keep in this zone because it stresses the body to compensate for the increased intensity, which is often associated with high-intensity interval training.

Aerobic Zone: This zone is most often associated with distance running. It is generally a good pace that requires heavy breathing and endurance.

Weight Management Zone: This zone is associated with weight loss when exercise is performed at this level for a period of time. It is easier to maintain, and therefore, the target goal for most people who wish to shed weight.

Health Heart Zone: This is the zone recommended to keep your heart healthy and reduce the chance of heart disease and coronary artery blockage.