

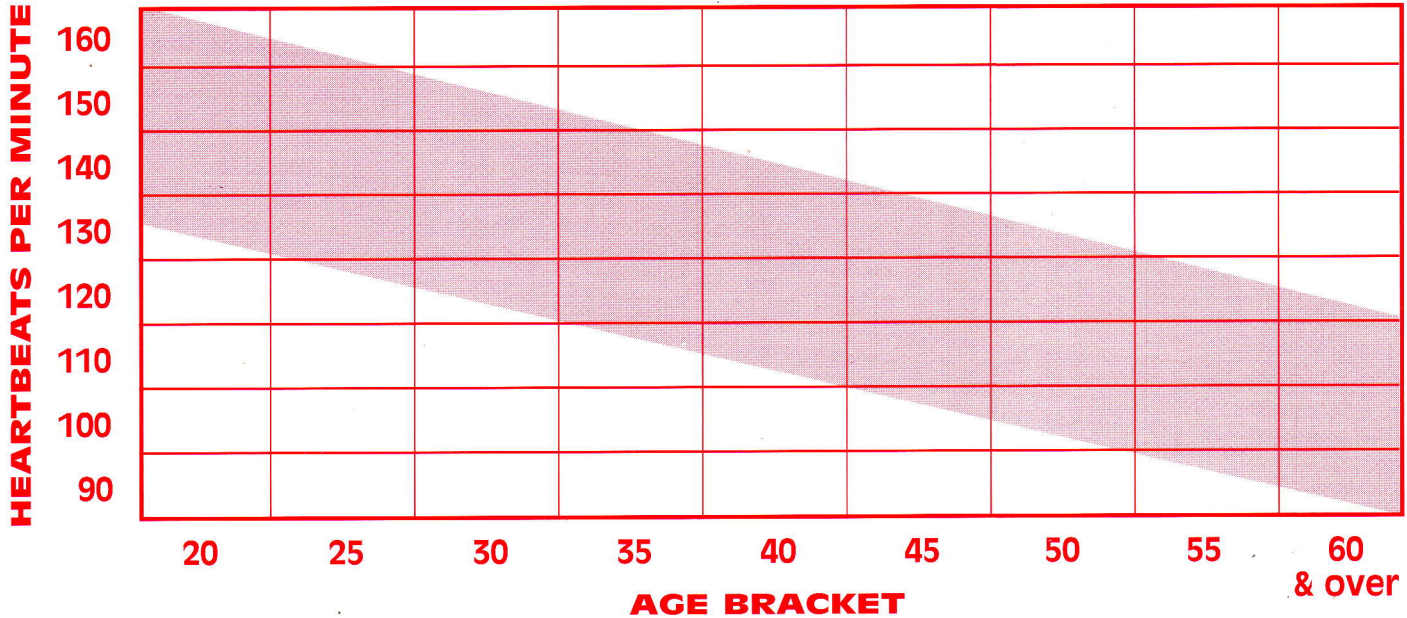


EASY PLAN

TARGET HEART RATE CHART

KNOW YOUR TARGET HEART RATE

THR: The Amount of Heartbeats Per Minute During Exercise



As a beginner, it is important to stay at your low range (target heart rate) THR. As you become more physically fit, you can gradually work your way toward your higher range.

CAUTION: if you are a smoker or have a family history of heart disease, suffer high blood pressure or any other chronic medical condition, you must consult your doctor or any health care professional before starting any exercise program.

Aerobic exercise is cardiovascular. Aerobics exercise your heart by helping it reach and maintain a target heart range (THR) for at least 30 minutes. You are in the safety zone as long as you keep your THR when exercising. If you exceed your THR, you are at high risk of overexerting yourself. This is considered a *danger zone*. Avoid going out of your THR. If you never reach your THR, you are not working out at your maximum safety point, and you are not affecting the fat. You will not lose weight.

**Your Heart Rate should be within the shaded area.*