



# Bite-Sized Tips

from Lifestyle Medicine

## UNDERSTANDING THE 5 HEART RATE ZONES



ZONE 1 Warm Up	ZONE 2 Endurance	ZONE 3 Cardio	ZONE 4 High Intensity	ZONE 5 All Out Effort
<b>INTENSITY LEVEL:</b>				
Low to moderate, 50-60% of your maximum heart rate	About 60-70% of your maximum heart rate	About 70-80% of your maximum heart rate	80-90% of your maximum heart rate	90-100% of your maximum heart rate
<b>ABILITY TO HAVE A CONVERSATION:</b>				
Normal	You can still have a conversation, but you might need to stop to take a breath.	It can be difficult	It can be difficult to talk at all	Unable to talk
<b>WHAT'S HAPPENING IN YOUR BODY:</b>				
Your body is warming up and increasing blood flow to your muscles.	Your body is working hard enough to improve endurance while still using oxygen efficiently. At this level, your body relies more on fat for energy, while still using some carbohydrates. This zone is great for building heart health, endurance, and recovery.	Your body needs energy faster, so it begins using more carbohydrates along with fat for fuel. This zone helps improve cardiovascular fitness, circulation, stamina, and calorie burn.	Your body now needs energy very quickly, so it relies more heavily on carbohydrates for fuel. Your heart and lungs are working hard to deliver oxygen to your muscles. This zone can help improve speed, conditioning, and cardiovascular fitness.	This is maximum effort that can only be maintained briefly. Your body relies almost entirely on carbohydrates because they provide energy the fastest. This zone helps improve power, speed, and peak fitness performance.
<b>ACTIVITY EXAMPLES:</b>				
Easy walking, light cycling, stretching, gardening	Brisk walking, steady cycling, light jogging	Jogging, hiking uphill, faster cycling	Hard running, rowing, interval training, fast circuits	Sprinting, maximum-effort intervals, explosive exercise bursts

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