Exercise. Heart rate limits
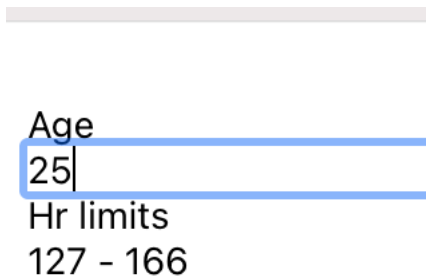
Implement application, that calculates heart rate limits for doing sports based on age.

Formula for calculation:

Lower: (220-age) * 0.65

Upper: (220-age) * 0.85

UI is as follows. When user edits age, heart rate limits are calculated and displayed (without digits).

Age
25|
Hr limits
127 - 166