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/*:
## App Exercise — Heart Rate Zones

 >These exercises reinforce Swift concepts in the context of a fitness
  tracking app.

 If you completed the Target Heart Rate exercise, you showed different
  statements to the user based on whether or not the user's heart rate was
  inside of a target zone. Now you decide to just tell them what zone they are
  in rather than tell them what zone to be in.

 Write a switch statement that will print different statements based on what
  range `currentHR` falls into. Below is a list of ranges and the associated
  statements

- 100–120: "You are in the Very Light zone. Activity in this zone helps with
 recovery."
- 121–140: "You are in the Light zone. Activity in this zone helps improve
 basice endurance and fat burning."
- 141–160: "You are in the Moderate zone. Activity in this zone helps improve
 aerobic fitness."
- 161–180: "You are in the Hard zone. Activity in this zone increases maximum
 performance capacity for shorter sessions."
- 181–200: "You are in the Maximum zone. Activity in this zone helps fit
 athletes develop speed."

 If `currentHR` is above the listed zones, print some kind of warning asking
  the user to slow down.
 */
let currentHR = 128
switch currentHR {
case 1:
    if currentHR <= 120 && currentHR >= 100{
        print("You are in the Very Light zone. Activity in this zone helps
         with recovery.")
    }
case 2:
    if currentHR <= 140 && currentHR >= 121 {
        print("You are in the Light zone. Activity in this zone helps improve
         basice endurance and fat burning")
    }
case 3:
    if currentHR <= 160 && currentHR >= 141 {
        print("You are in the Moderate zone. Activity in this zone helps
         improve aerobic fitness.")
    }
case 4:
    if currentHR <= 180 && currentHR >= 161 {
        print("You are in the Hard zone. Activity in this zone increases
         maximum performance capacity for shorter sessions.")
    }
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case 5:
    if currentHR <= 200 && currentHR >= 181 {
        print("You are in the Maximum zone. Activity in this zone helps fit
         athletes develop speed.")
    }
default:
    if currentHR < 119 {
        print("Heart Rate not high enough yet!")
    } else if currentHR > 201 {
        print("Heart Rate is dangerously high!")
    }
}
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 Operator](@next)
 */
```