Visualizing and Predicting Heart Diseases with an Interactive Dash Board

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Exploration Of Max Heart Rate During The Chest Pain:

Average Max Heart Beat Achieved during Chest Pain:

Here we are plotting the average Max Heartbeats recorded for a person based on Gender and Chest Pain Type.

For moderate-intensity physical activity, your target heart rate should

be between 64% and 76%1,2 of your maximum heart rate. You can estimate your maximum heart rate based on your age. To estimate your maximum age-related heart rate, subtract your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as 220 – 50 years = 170 beats per minute (bpm). The 64% and 76% levels would be:

* 64% level: 170 x 0.64 = 109 bpm, and
* 76% level: 170 x 0.76 = 129 bpm

This shows that moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 109 and 129 bpm during physical activity.

For vigorous-intensity physical activity, your target heart rate should

be between 77% and 93%1,2 of your maximum heart rate. To figure out this range, follow the same formula used above, except change “64 and 76%” to “77 and 93%”. For example, for a 35-year-old person, the estimated maximum age-related heart rate would be calculated as 220 – 35 years = 185 beats per minute (bpm). The 77% and 93% levels would be:

* 77% level: 185 x 0.77 = 142 bpm, and
* 93% level: 185 x 0.93 = 172 bpm

This shows that vigorous-intensity physical activity for a 35-year-old person will require that the heart rate remains between 142 and 172 bpm during physical activity.

