MAXIMUM HEART RATE

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Your desired heart rate should range from 64% to 76%. your maximum heart rate, 1,2. Based on your age, you may calculate your maximum heart rate. Subtract your age from 220 to get a ballpark idea of your maximal age-related heart rate. For instance, the predicted maximum age-related heart rate for a 50-year-old person would be computed as 220 - 50 years = 170 beats per minute (bpm). Between 64% and 76% would be:

76% level: 170 x 0.76 = 129 bpm, while 64% level: 170 x 0.64 = 109 bpm.

This demonstrates that a 50-year-old must maintain a heart rate between 109 and 129 bpm when engaging in moderate-intensity physical activity. your maximum heart rate, 1,2. Use the same procedure as before to determine this range, but replace "64 and 76%" with "77 and 93%". The predicted maximum age-related heart rate, for a 35-year-old, would be computed as 220 - 35 years = 185 beats per minute (bpm). At 77% and 93%, respectively,

77% level: 185 times 0.77 equals 142 bpm, and 93% level: 185 times 0.93 equals 172 bpm.

This demonstrates that for a 35-year-old person, vigorous-intensity exercise necessitates maintaining a heart rate between 142 and 172 bpm.