

## Health AMI days 6-10

6. Do a daily food journal (list everything that you eat for one day).

7. Calculate your BMI (body mass index).

The formula is:  $703 \times \text{weight (lbs)} / [\text{height (inches)}]^2$

8. Calculate your resting heart rate. To determine your resting heart rate you will count your pulse rate/beats per minute. Check for this in your neck or wrist.

9. Calculate your target heart rate range:

The formula is  $220 - \text{age}$ . Then multiply this number by 70% and then by 85%

For example. A 40 year old would do this:  $220 - 40 = 180$

$$180 \times .70 = 126$$

$$180 \times .85 = 153$$

So the target RANGE is between 126 and 153. This is the heart rate range to workout in for maximum heart health benefits.

10. Workout with your heart beating within your target heart rate range for at least 30 minutes.