

Aerobic Activity After Cancer: Weekly Rx

At least

150 minutes MODERATE
Or
75 minutes VIGOROUS

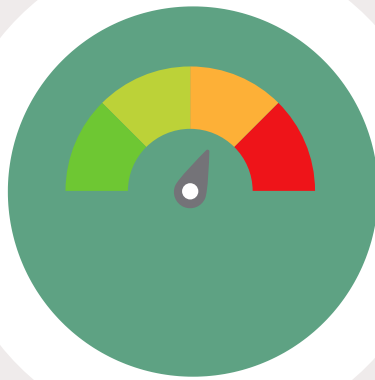
GOAL

300 minutes MODERATE
Or
150 minutes VIGOROUS



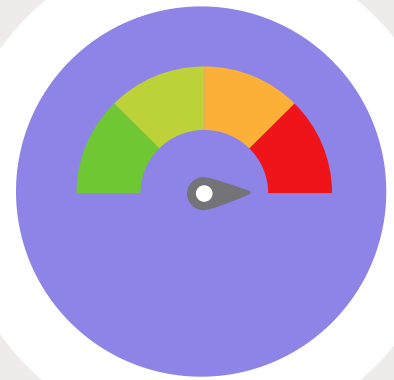
MODERATE RANGE

50-70% Max HR



VIGOROUS RANGE

70-85% Max HR



MAX Heart Rate (HR)

$208 - [\text{age}(y) \times 0.7]$

Worth

x2

Heart Rate Ranges

*Example:
You're 41 years old.)*

1 Calculate your **Max Heart Rate**

Take your age in years and multiply by 0.7
Then subtract that number from 208.

$$41 \times 0.7 = 28.7$$

(it's ok to round to **29**)

$$208 - 29 = 179$$

So your Max Heart Rate target is 179 beats per minute (bpm)

2 Calculate your **MODERATE** activity heart rate range

Take your Max Heart Rate and multiply it by 0.5
(this is the lower number of your **moderate** range)

Take your Max Heart Rate and multiply it by 0.7
(this is the higher number of your **moderate** range)

$$179 \times 0.5 = 90$$

$$179 \times 0.7 = 125$$

So your MODERATE activity heart rate range is 90-125 bpm

3 Calculate your **VIGOROUS** activity heart rate range

Take your Max Heart Rate and multiply it by 0.7
(this is the lower number of your **vigorous** range)

Take your Max Heart Rate and multiply it by 0.85
(this is the higher number of your **vigorous** range)

$$179 \times 0.7 = 125$$

$$179 \times 0.85 = 152$$

So your VIGOROUS activity heart rate range is 125-152 bpm

Tying it together:

Continuing with our
example in blue

At least

150 minutes MODERATE
Or
75 minutes VIGOROUS

GOAL

300 minutes MODERATE
Or
150 minutes VIGOROUS

MODERATE RANGE

For our example:
MODERATE activity heart
rate range is **90-125 bpm**

VIGOROUS RANGE

VIGOROUS activity heart
rate range is **125-152 bpm**

MAX Heart Rate (HR)

Max Heart Rate is **179bpm**

So each week, our example 41 year old's goal is to spend
at least 150 minutes in physical activity
with their heart rate between **90-125 bpm (moderate)**
OR
at least 75 minutes in physical activity
with their heart rate between **125-152 bpm (vigorous)**

PRO TIP: You can mix moderate and vigorous activity to meet your goal!

Each minute of vigorous activity is worth double in your
count towards your moderate goal. So if you do a 45
minute vigorous exercise class and your average heart
rate is 145 bpm. It counts as 90 minutes (45minutes x 2)
towards your 150 minute moderate goal!