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**topic 4.4 calculating target heart rate zone** - - To improve your cardiovascular fitness, you must engage in active aerobic activities or active sports that are intense enough to get your heart rate into your target

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**ozark community news** - Campers play games and do activities that help improve their physical fitness like to come early. For more information, contact Jennie's Class of 2015 project

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**calculate your training heart rate zones | active** - More: Target Heart Rate Calculator. Calculate Your Maximum Heart Rate. The easiest way to do this is a simple paper-and-pencil calculation. Subtract your age from 220.

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**fitbit help - heart rate faqs** - Heart rate zones can help you optimize your workout by targeting different training intensities. see the American Heart Association's Target Heart Rates article.

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**how to calculate target heart rate zone? | polar** - You can estimate your heart rate zones based on your age alone or based on both your age and fitness level. For the latter option you need to measure your resting

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