



Get into zone 2



96
BPM

Zone 2 is one of the five cardiac heart rate zones, ranging from 1 (gentle warm-up) to 5 (maximum effort). In zone 2, your heart rate is moderately elevated, but you're not out of breath.

Zone 2 exercise is beneficial because it strengthens the heart and lungs. This makes your body more efficient, capable, and energetic. Here's how to get started with zone 2:

- Calculate your zone 2 heart rate range.
 - $220 - \text{age} = \text{MAX heart rate.}$
 - Zone 2 is 60-80% of your max.
 - $\text{MAX heart rate} \times 0.6 \text{ and } 0.8 = \text{zone 2 range.}$
- Choose an aerobic activity you enjoy, such as walking, jogging, biking, swimming, or rowing.
- Wear a heart rate monitor and get started.
- Once your heart rate reaches zone 2, adjust your intensity to stay in that range.
- Aim for 30 minutes to 1 hour of zone 2 training several times each week.