

# CURRENT EVENT

TOPIC: TARGET HEART RATE ZONE

NAME: \_\_\_\_\_

TITLE OF ARTICLE: \_\_\_\_\_

PUBLICATION OR HOME PAGE: \_\_\_\_\_

VOLUME# OR WEB PAGE ADDRESS: \_\_\_\_\_

LIST 5 FACTS FROM THE ARTICLE

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

WHAT IS YOUR TARGET HEART RATE ZONE? \_\_\_\_\_

\_\_\_\_\_

NAME TWO WAYS TO MEASURE YOUR HEART RATE? \_\_\_\_\_

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\_\_\_\_\_

WHAT ARE THE BENEFITS OF EXERCISING IN YOUR TARGET HEART RATE ZONE? \_\_\_\_\_

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WHAT EXERCISES DO YOU PREFER TO GET YOUR HEART RATE INTO YOUR TARGET HEART RATE ZONE?

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