What’s Your Max Heart Rate?

**USE THIS**

211 MINUS 64% OF YOUR AGE

This new formula to determine maximum heart rate is based on a study of more than 3,000 men and women ages 19 to 89. Though it’s not quite as simple, researchers say it is more reliable than the previous one (at right).

**NOT THIS**

220 MINUS YOUR AGE

Notoriously inaccurate, this equation can underestimate maximum heart rate by more than 35 beats per minute among older adults. In fact, it may already be useless by the time you reach the age of 30.

SOURCE Scandinavian Journal of Medicine & Science in Sports