## Mayo Clinic Minute

### How to hit your target heart rate

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<td>Regular exercise can make your heart stronger and more efficient.</td>
<td>“Well, we want that target heart rate range. And that means we’re working hard enough that our heart is getting beneficial activity and beneficial exercise.”</td>
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**DR. EDWARD LASKOWSKI:**

Dr. Ed Laskowski, co-director of Mayo Clinic Sports Medicine, says you should get about 30 minutes of moderate activity at least five days a week.

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**DR. EDWARD LASKOWSKI:**

“And moderate is something that you’re — you’re breathing kind of hard, but you can still hold a conversation.”

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Edward Laskowski, M.D.

Sports Medicine

Mayo Clinic

“We’re getting good blood flow. We’re training our heart muscle to work more efficiently, and … actually strengthening it. So if we … don’t do that — if we’re doing something too light — we won’t get as much of the beneficial effect.”

Dr. Laskowski says the actual numbers aren’t as important as the effects.

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**DR. EDWARD LASKOWSKI:**

“As long as we feel we’re working moderately hard and … we’re getting some good activity, we’re doing good things for ourself.”

For the Mayo Clinic News Network, I’m Ian Roth.