Zone 2 cardio checklist

Use these steps to start zone 2 cardio safely and keep the effort at the right level.

- [ ] Estimate your zone 2 range as 60% to 70% of 220 minus your age.
- [ ] Treat the formula result as a starting point, not a precise number.
- [ ] Use the talk test: keep enough breath to speak full sentences.
- [ ] Slow down, walk or add an incline to stay in zone 2.
- [ ] Aim for at least 150 minutes of moderate activity each week.
- [ ] Add muscle-strengthening activity on 2 days a week.
- [ ] Ask a doctor before using heart rate zones if you take beta blockers or have a heart condition.
- [ ] Stop and seek urgent care for chest pain, fainting or severe shortness of breath.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/fitness/zone-2-cardio/