

Lecture 19

Java – Target Heart Rate Calculator [Example]

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| Target-Heart-Rate Calculator

- While exercising, you can use a **heart-rate monitor** to see that your heart rate **stays within a safe range** suggested by your trainers and doctors.
- According to the American Heart Association (AHA), the formula for calculating your **maximum heart rate** in beats per minute is $220 - \text{age}$ in years.
- Your **target heart rate** is a range that's **50–85% of your maximum heart rate**.

| Target-Heart-Rate Calculator

- **Note:** These **formulas are estimates** provided by the AHA. Maximum and target heart rates may vary based on the **health, fitness** and **gender** of the individual. **Always consult a physician or qualified health-care professional** before beginning or modifying an exercise program

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```
import java.util.Scanner;
public class sekoseko {

    public static void main(String[] args) {
        Scanner sc = new Scanner(System.in);
        System.out.print("Age (year): ");
        double ag = sc.nextDouble();
        double mhr = 220-ag;
        System.out.printf("Maximum Heart Rate = %f",mhr);
        double lo = 0.5*mhr;
        double up = 0.85*mhr;
        System.out.printf("\nTarget Heart rate from %f to %f",
                           lo,up);
    }
}
```

| References

- Java: How to Program, 9th Edition (Deitel) 9th Edition by Paul Deitel , Harvey M. Deitel
- Head First Java, 2nd Edition 2nd Edition by Kathy Sierra, Bert Bates
- Think Java: How to Think Like a Computer Scientist 1st Edition by Allen B. Downey, Chris Mayfield