

Max Heart Rate While Pregnant

Livestrong | By Chudney Smith

Monitoring your heart rate during pregnancy will help gauge exercise intensity. Photo Credit Pixland/Pixland/Getty Images

Maximum heart rate is the highest heart rate you reach during exercise. According to the Mayo Clinic, the maximum pregnancy heart rate recommended by the American Congress of Obstetricians and Gynecologists was once 140 beats per minute. As of November 2010, however, ACOG does not outline specific heart-rate numbers. Instead, ACOG endorses using the talk test to determine an appropriate heart rate — if you can talk normally during exercise, you are at an appropriate heart rate.

Pregnancy Target Heart Rate Ranges

For a more precise heart-rate measurement, the Fit Pregnancy website recommends pregnant women use target heart ranges.

Unfit, sedentary or overweight women ages 20 to 29 should aim for 129 to 144 beats per minute; those 30 to 39 should stay within 128 to 144.

Active women ages 20 to 29 should aim for 132 to 152 BPM; those 30 to 39, 129 to 148 BPM. A range of 145 to 160 BPM is recommended for fit women ages 20 to 29, and 140 to 156 for ages 30 to 39.

Measuring Your Heart Rate

Measuring your heart rate, or pulse, may help you evaluate your exercise program, the Cleveland Clinic explains. To measure your pulse, place the index and middle fingers of one hand near the base of the thumb on the palm side of the opposite hand. You should feel a light throbbing. This is your pulse. Using a clock or watch with a second hand, count the number of beats you feel for 10 seconds. Multiply this number by 6 to calculate your heart rate.

