

Maximum Heart Rate

One way you can tell whether you are exercising too much, too little, or just the right amount is to check your heart rate. Calculate the number of beats per minute.



The ideal average maximum heart rate is calculated by subtracting your age from 220.

- ① Write an equation that represents the rule for calculating your ideal maximum heart rate. Rule: $220 - x = y$

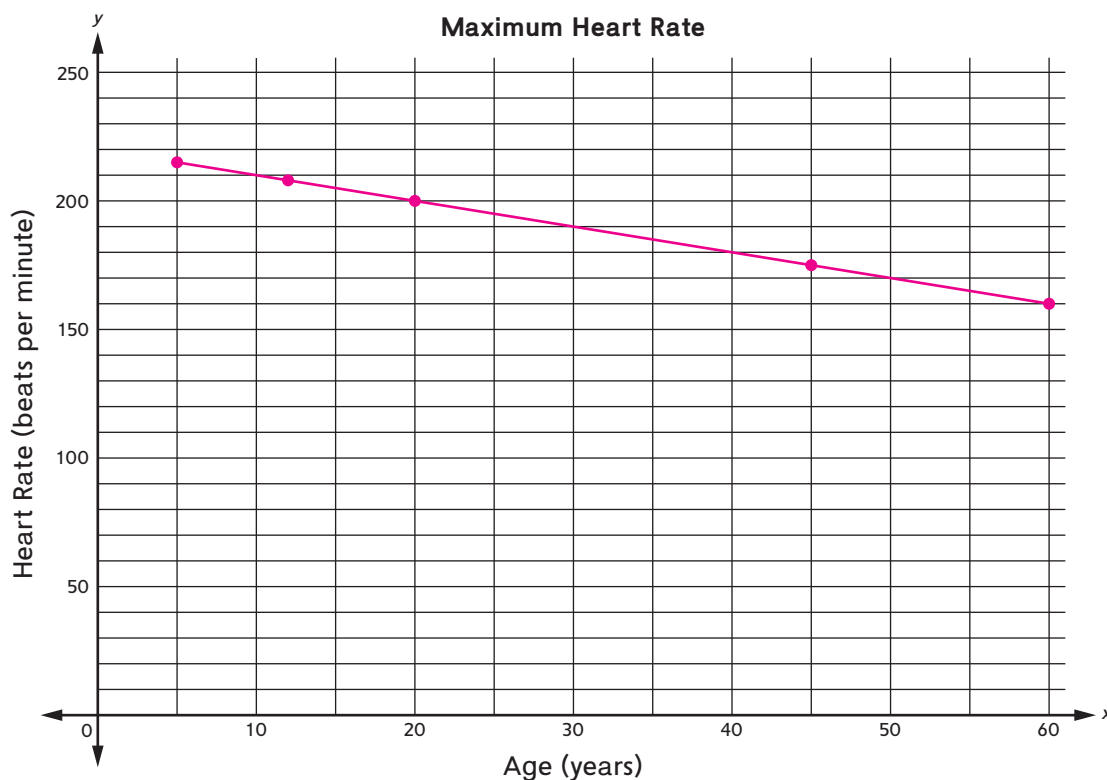
- ② Use your rule to complete the table at the right with the beats per minute.

Age (x)	Max. Heart Rate (y)
5	215
12	208
20	200
45	175
60	160

- ③ Explain how you know which variable is independent and which is dependent.

Age is independent because age determines the heart rate.

- ④ Graph the values in the table from Problem 2 as the x- and y-coordinates for points.



Practice Evaluate.

⑤ $-(-4) = \underline{-4}$

⑥ $-(-9) = \underline{9}$

⑦ $-(-1.5) = \underline{1.5}$