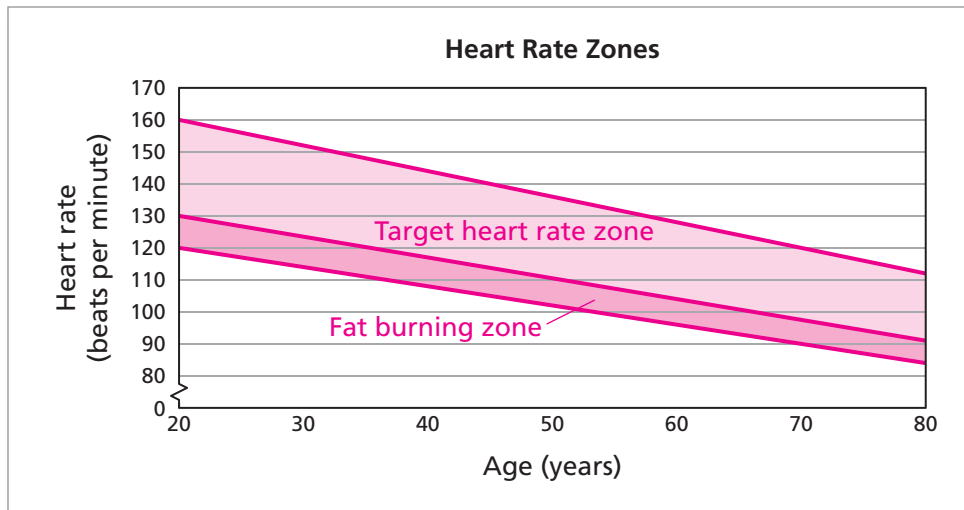


Heart Rate Zones In Exercises 9–12, use the graph. (See Example 3.)



9. Describe any trends in the graph.
10. Is a 25-year-old with a heart rate of 150 beats per minute in the target heart rate zone?
11. Is a 42-year-old with a heart rate of 130 beats per minute in the fat burning zone?
12. Is a 40-year-old with a heart rate of 110 beats per minute in the fat burning zone?

DATA **Daily Calorie Balance** In Exercises 13 and 14, determine whether you would expect the person to be losing weight or gaining weight. Explain your reasoning. (See Example 4.)

13.



Weight: 121 lb
 Height: 64 in.
 Age: 24 yr
 Activity level:
 moderately active
 Daily calorie intake:
 1500 calories

14.



Weight: 154 lb
 Height: 68 in.
 Age: 26 yr
 Activity level:
 lightly active
 Daily calorie intake:
 3000 calories