

HOW TO

PROGRESS AEROBIC ACTIVITY

FREQUENCY

How Often Are You Exercising?



Progress by making sure you are meeting the guidelines of being active most of the week.

INTENSITY

How Hard Are You Working?



Make sure you are staying within an RPE range of 2-6 and your target heart rate zone. As you become more fit, you will need to work a little harder to reach your target heart rate.

TIME

How Much Time?



Try to exercise at least 90 minutes per week - the current guideline for cancer survivors. After that, try to increase the duration of your aerobic activity sessions.

TYPE

What Exercise Are You Doing?



Changing the type of exercise can change how your muscles work to complete the same movement.