

A GUIDE TO: INTENSITY

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EASY WAYS TO MEASURE HOW HARD YOU'RE WORKING

Rating of perceived exertion (RPE) Scale

1	---	>	NOTHING AT ALL
2	---	>	VERY LIGHT
3	---	>	LIGHT
4	---	>	MODERATE
5	---	>	SOMEWHAT HARD
6	---	>	HARD
7	---	>	VERY HARD
8	---	>	MAXIMAL
9	---	>	
10	---	>	

Walking slowly at your own pace.

Not especially hard, no problem continuing.

Heavy exercise; it feels hard but there is no difficulty continuing.

Very hard and strenuous; you have to push yourself a lot.

Extremely hard; the hardest exercise you have ever experienced.

The RPE Scale is used to quantify how your exercise feels to you, from light to very hard intensity.

This is a subjective rating and is designed to help you become more attuned to the internal sensations involved with exercise.

This includes the strain on our muscles, how hard you're breathing, and how fast you think your heart is beating.

Remember to take all these factors into consideration - don't base your rating on only one factor.

Your perceived intensity can be different according to different side effects or symptoms you are experiencing on a day to day basis. Listen to your body and make adjustments as needed.

As you move through exercise, and depending on how you feel that day, an RPE rating of 2-5 may be appropriate

THE TALK TEST



Try to maintain a conversation while doing aerobic exercise.

If you can't talk at all, lower the intensity slightly until you can maintain a conversation.

If you can sing, bring the intensity up a notch.