

Monitoring Exercise Intensity

There are three reliable tools that you can use to ensure that you are exercising at a moderate intensity:

1. HEART RATE (pulse)

There is a direct correlation between heart rate and exercise intensity. The harder you exercise, the higher your heart rate or pulse rate climbs. Your maximum heart rate is affected by your age, cardiovascular disease, and by certain medications.

Based on the results of your exercise stress test, a specific Training Heart Rate (THR) will be recommended to you. This range is lower than the maximum heart rate you achieved during your stress test. It is necessary to exercise at this rate for an extended period of time to increase your cardiovascular fitness level.

Check your heart rate every 10 minutes or so during exercise to ensure you are exercising in your Training Heart Rate Range.

2. RATING OF PERCEIVED EXERTION (RPE)

This scale takes into account your individual sensations of exertion, physical stress and fatigue. Ratings of 12 – 14 are recommended to achieve optimal benefit from your exercise session.

6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

3. TALK TEST

During exercise you should be able to carry on a conversation with a companion. If you can't do this, you are probably exercising too hard and should reduce your intensity.