

What is Intensity?

| RPE SCALE | RATE OF PERCEIVED EXERTION |
|--------------|--|
| 10 / | MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time |
| 9 / | VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words |
| 7-8 / | VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence |
| 4-6 / | MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging |
| 2-3 / | LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation |
| 1 / | VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc |

Examples of moderate-intensity aerobic activities:

- brisk walking (at least 2.5 miles per hour)
- water aerobics
- dancing (ballroom or social)
- gardening
- tennis (doubles)
- biking slower than 10 miles per hour

Examples of vigorous-intensity aerobic activities:

- hiking uphill or with a heavy backpack
- running
- swimming laps
- aerobic dancing
- heavy yardwork like continuous digging or hoeing
- tennis (singles)
- cycling 10 miles per hour or faster
- jumping rope

For maximum benefits, include both moderate- and vigorous-intensity activity in your routine along with strengthening and stretching exercises.