

MOVE THROUGH THE MONTH CHALLENGE!



The American Heart Association (AHA) recommends 150 minutes of moderate or 75 minutes of vigorous cardiovascular activity weekly

For this challenge: Write activity performed and duration in minutes on your calendar, totaling minutes weekly. Eligible activities include but not limited to: walking, running, biking, swimming, or any group class/personal training session! Check out our Group Fitness Schedule or feel free to participate at a local gym.

W@W Scorecard Challenge! See your Wellness Champion for more details!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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What is Intensity?

RPE SCALE	RATE OF PRECEIVED 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
<i>7-8</i> /	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.