











## Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

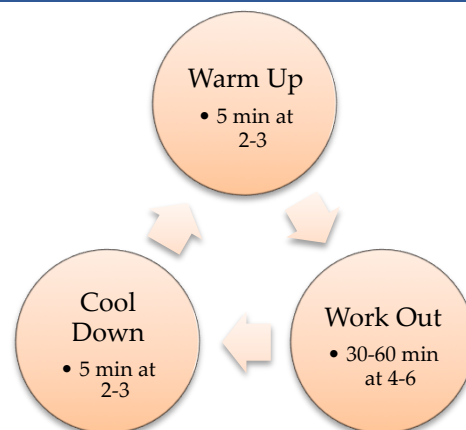
## How much exercise should I be getting?

30-60min/day

minimum  
150min per  
week

completed in  
blocks of  
10min or more

## What intensity should I exercise at?



Use the chart to the left as a guide for measuring how intensely you should be working out.

**Do not** skip the warm up and cool down! It is important to gradually increase and decrease your intensity in order to allow your body to adjust!

Remember to listen to your body! If something doesn't feel right don't do it!



Check your blood pressure before exercising. If **systolic BP>200** or **diastolic BP>110mmHg** **DO NOT EXERCISE**

## What activities can I do?

Any aerobic activity that increases your heart rate! Mix it up! Keep it fun and exciting!

- Brisk walking
- Jogging
- Biking
- Swimming
- Elliptical
- Climbing stairs
- Dancing
- Skipping
- Cross country skiing
- Water aerobics
- Community classes\*

\*ask your health care provider which classes are right for you!