

PERCEIVED EXERTION

While you are walking, use this scale to rate how hard it feels like you are working. The rating takes into account your heart rate, how hard you are breathing, feelings of muscle fatigue, sweating, etc. and reflects how vigorous the exercise is. The scale ranges from 6 to 20, where 6 means “no exertion at all” and 20 means “maximal exertion.” Choose the number that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow your walking pace to reach your desired range. For a moderate level of exercise, you should aim to maintain a RPE of 12 to 14.

Another way to measure how hard you are working is to use the “Talk test.” During Light exercise, you would be able to sing while you are exercising. For Moderate-level exercise you would not be able to sing but you should be able to talk and carry on a conversation. If you are too out of breath to talk, then you are working too hard.

For advice about your medical care, consult your doctor.

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