

Rate of Perceived Exertion - How hard you think you are working/exercising!!

MVPA -Moderate to Vigorous physical activity will increase our cardiovascular endurance & heart health.

Your exercise goal should be to work at a 3 or 4. This level of exercise intensity will increase your heart rate, make you warm and a little sweaty and will increase your breathing. If these things happen, you will be working hard enough to improve your cardiovascular health!!

RATE OF PERCEIVED EXERTION

	5 VIGOROUS	<ul style="list-style-type: none">• Very Tired• Cannot Go Any Further• Soaking in Sweat• Can't Talk• Breathing Fast & Heavy• Heart Rate Above 180
	4 MODERATE TO VIGOROUS	<ul style="list-style-type: none">• Tired• Sweating A Lot• Talk is Broken• Breathing Fast• Heart Rate 160-180
	3 MODERATE	<ul style="list-style-type: none">• Getting Tired• Sweating• Talking is Getting Tougher• Breathing a Little Fast• Heart Rate 140-160
	2 LOW	<ul style="list-style-type: none">• A Little Tired• Talking is Fine• Getting Warm• Breathing Increased Slightly• Heart Rate 100-140
	1 EASY	<ul style="list-style-type: none">• Not Tired At All• Feeling Good• Talking is Normal• Breathing Regular• Heart Rate Below 100•