Tips for Monitoring Aerobic Exercise Intensity

Substantial health benefits are gained when adults achieve 150-300 minutes per week of moderate intensity exercise, or 75-150 minutes of vigorous intensity exercise per week. Several tools and methods are used to monitor exercise intensity. Utilizing these methods help adults achieve physical activity goals.

**Talk test** is a way to gauge exercise intensity based on ability to carry on a conversation.

**Heart rate** can be monitored by using a wrist watch and chest strap or a smart watch.

**Perceived effort** is a subjective method to monitor how hard exercise feels.

**Motion sensors** are devices used to track steps and other activities.

In addition to the above 0-10 scale, the Borg Scale of Perceived Exertion, which rates exertion on a scale of 6-20, can also be used.

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