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.

**Tips for Monitoring Aerobic Exercise Intensity**

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

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

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

**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.

**Heart rate**

- **Steady conversation** is associated with moderate intensity aerobic exercise.
  - A percentage of maximal heart rate indicates intensity (%HRmax)
  - Moderate intensity exercise is estimated at 65-75 %HRmax
  - Vigorous exercise is 76-96 %HRmax
  - Target HR = (220-age) x %HRmax

- Commonly reported as a rating of perceived exertion (RPE)
- Scale is a range between 0-10
- Moderate intensity exercise is targeting an RPE of 3-4
- Vigorous exercise is an RPE of 5-7

- Moderate intensity exercise is a step rate of 100 steps per minute, or 1,000 per 10 minutes
- A common recommendation is to achieve 3,000 steps in 30 minutes
- Vigorous intensity is > 100 steps per minute.

**Rating**

<table>
<thead>
<tr>
<th>Rating</th>
<th>Descriptor</th>
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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<th>8</th>
<th>9</th>
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<tbody>
<tr>
<td></td>
<td>Rest</td>
<td>Rest</td>
<td>Very easy</td>
<td>Easy</td>
<td>Moderate</td>
<td>Somewhat hard</td>
<td>Hard</td>
<td>Very hard</td>
<td>Very, very hard</td>
<td>Maximal effort</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Vigorous intensity** is an exercise intensity where only a few words are sustainable.

**Talk test**

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