

Aerobic Exercise Recommendations

Aerobic exercise is physical activity that uses the larger muscle groups of the body and is rhythmic and repetitive. This includes walking, running, cycling, swimming, and rowing. It is recommended to accumulate at least 150 minutes of aerobic exercise per week.

To achieve this, I will participate in _____ aerobic exercise __ times per week for ____ minutes.

To get the full benefits of aerobic exercise, it's important to exercise at the right intensity. To gauge exercise intensity, using the rating of perceived exertion (RPE) scale is appropriate. Aiming for a moderate to somewhat hard intensity is ideal, where it is slightly difficult but you are able to continue. This would equate to an RPE of 11-16. It's important to do a proper warm up and cooldown before and after aerobic exercise of about 5-10 minutes at a lower intensity than what you will be training at.

RPE	Perceived Exertion	Effort
6 7 8 9 10	None Very light Light	Low
11 12 13 14	Moderate Somewhat hard	Moderate
15 16 17	Hard	Heavy
18 19 20	Very hard Maximal effort	Severe

During aerobic exercise, I will aim for an RPE of ____.

With consistent exercise, aerobic activities will feel easier due to gains in fitness. It's important to exercise at the right intensity for maximum benefits. For exercise progression, time OR intensity can be increased. You can try adding an extra 5-10 minutes of exercise at the same intensity, or you can exercise for the same amount of time but increase the intensity to maintain your RPE.

Safety is always a priority when exercising. Stop exercise if you feel lightheaded or dizzy, experience chest pain or pressure, or become extremely short of breath.