

## Exercise: When Enough is Enough!



The national guidelines for physical activity actually say, 'some is better than nothing'. But that's just not enough. What is enough? Exercise recommendations for most adults including older adults are to accumulate....

Minimum of **150 minutes** of moderate level intensity aerobic exercise per week



**5 days a week**  
**30 minutes a day**

Recommended goal to **start low** and **go slow progressing to 300 minutes** per week for greater health benefits and weight management. Regular exercise spread over days of the week helps to create a habit! Moderate aerobic exercise can be achieved by the 'walk-talk' test. See the Borg RPE Scale below.

**Muscle-strengthening exercise** is recommended **2-3 days per week** on alternate days allowing rest in between days for muscle repair and rebuild.

Monday



Wednesday



Friday



Based on your current fitness level, adjust your exercise intensity using the **Borg Rate of Perceived Exertion Scale (RPE)**. How hard do you think and feel you are working? Be honest!

BORG 6-20 Rate of Perceived Exertion Scale (RPE)		
No Exertion	6	Little to no movement, very relaxed
Extremely Light	7	Able to maintain pace
Very Light	8	Comfortable and breathing harder
	9	
Light	10	Minimal sweating, can talk easily
	11	
Somewhat Hard	12	Slight breathlessness, can talk
To Very Hard	13	Increased sweating, still able to hold conversation but with some difficulty
Hard	14	
	Very Hard	15
16		
Extremely Hard	17	Can keep a fast pace for a short time period
	18	
Maximally Hard	19	Difficulty breathing, near muscle exhaustion
	20	STOP exercising, total exhaustion

Very Light <9

Light 9-11

Moderate 12-13

Vigorous 14-17

Near Max ≥18