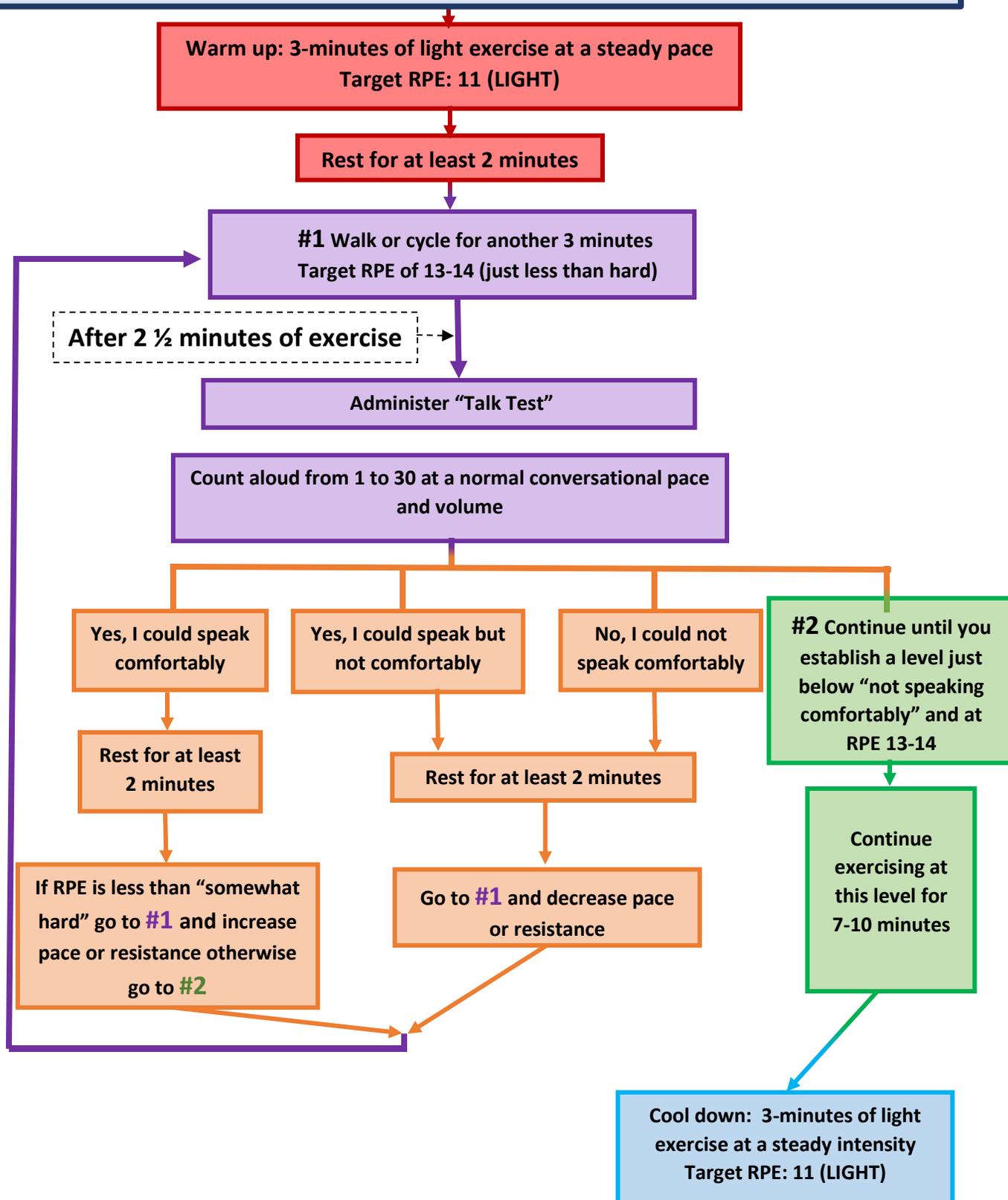


Determining Exercise Intensity (Summary Sheet)

Aim: To determine an exercise intensity (walking speed or cycle resistance) over a 3-minute interval that is perceived to be “somewhat hard” but not “hard” (RPE 13-14) and just **BELOW** the level where you are unable to talk comfortably.

Once that level is established, the walking speed or cycle resistance will be attempted for 7 to 10 minutes (optimal intensity).



Susan Marzolini, PhD May 1, 2020