



Aerobic Exercise Progression

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: Aerobic Exercise Progression

Over time, your body adapts to your exercise program. Progressing your exercise will allow you to continue to improve your fitness. Improved fitness is related to a better quality of life and a lower risk of heart events.

Learning goals

Explore the learning resources to learn:

- When to progress your aerobic exercise program
- How to progress your aerobic exercise program safely

Learning Resources

- Website: [How to Progress Aerobic Exercise](#)
- Website: [F.I.T.T. for Aerobic Exercise](#)
- Webinar: [Progressing Your Exercise at Home](#)
- Guide: [Staying Active for a Healthy Heart](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Tools for Getting Active](#)
- [Exercise Diary](#)

Key points:

- ◆ If you exercise at the same level, you will maintain your fitness. To further increase your fitness, you need to make a change in your exercise program.
- ◆ You might be ready to progress your aerobic exercise if your [RPE](#) is less than 11.
- ◆ To progress your exercise, you might change the intensity, duration, type, or frequency of your exercise. Only make changes to one of these areas at a time.