

**FIGURE 2: Exercise Intensity Guidelines**

INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
<b>LIGHT</b>	40 to <55% HRmax*	VERY LIGHT TO LIGHT RPE# 1-2	<ul style="list-style-type: none"><li>• An aerobic activity that does not cause a noticeable change in breathing rate</li><li>• An intensity that can be sustained for at least 60 minutes</li></ul>
<b>MODERATE</b>	55 to <70% HRmax*	MODERATE TO SOMEWHAT HARD RPE# 3-4	<ul style="list-style-type: none"><li>• An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted</li><li>• An intensity that may last between 30 and 60 minutes</li></ul>
<b>VIGOROUS</b>	70 to <90% HRmax*	HARD RPE# 5-6	<ul style="list-style-type: none"><li>• An aerobic activity in which a conversation generally cannot be maintained uninterrupted</li><li>• An intensity that may last up to 30 minutes</li></ul>
<b>HIGH</b>	≥ 90% HRmax*	VERY HARD RPE# 7	<ul style="list-style-type: none"><li>• An aerobic activity in which it is difficult to talk at all</li><li>• An intensity that generally cannot be sustained for longer than about 10 minutes</li></ul>

\* HRmax = estimated heart rate maximum. Calculated by subtracting age in years from 220 (e.g. for a 50 year old person = 220 - 50 = 170 beats per minute).

# = Borg's Rating of Perceived Exertion (RPE) scale, category scale 0-10.

Modified from Norton K, L. Norton & D. Sadgrove. (2010). Position statement on physical activity and exercise intensity terminology.

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