

# Exercise Intensity

Life is a balance between rest and movement



It is recommended that we do 150 minutes of moderate intensity physical activity per week.

Exercise intensity describes how hard your body feels it is working during physical activity. One common way to measure this is the Rating of Perceived Exertion (RPE) scale.

The most widely used RPE scale runs from 6 to 20:

- 6 = no effort at all (resting)
- 20 = maximal effort (very, very hard)





How does it feel?

Your breathing is faster and deeper, but you can still hold a conversation, though singing would be difficult.

Your heart rate is raised, and you feel warm and slightly sweaty after a few minutes.

The exercise feels “somewhat hard”, but you can continue comfortably for 20–60 minutes

Examples of moderate-intensity activities include:

- Brisk walking (you can talk, but not sing)
- Cycling on flat ground
- Swimming at a steady pace
- Gardening or heavy housework
- Low-impact aerobics or dancing



Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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**You are not alone. Support is available.**