

Here are 2 ways to tell how hard you are working:

HEART RATE MONITORING

- Step 1: To take your exercise heart rate briefly stop exercise and find your pulse from either the artery in your wrist or neck.



OR



- Step 2: Using a clock or the timer on an exercise machine, count the number of beats you feel in 10 seconds. Multiply this number by 6. This is your heart beats per minute.

THE “TALK” TEST

- Step 1: Begin Exercise.
- Step 2: As you increase your exercise intensity monitor how hard it is to carry a comfortable conversation.

If you can still hold a comfortable conversation by taking a few extra breaths you are at a moderate intensity

If you can barely maintain a conversation you are approaching a vigorous intensity