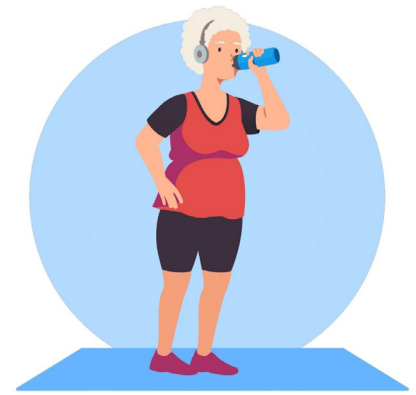


MEASURING EXERCISE INTENSITY USING THE SIMPLE METHOD



As you exercise, you should observe how it feels, and determine how hard you are working. You can do this by monitoring things like your breathing and perspiration or sweat.

Moderate activity feels somewhat challenging.

Here are signs that you're exercising at moderate intensity:

- Your breathing quickens, but you are not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you cannot sing.

Vigorous (harder) activity feels more challenging.

Here are signs that you're exercising at a vigorous intensity:

- Your breathing is deep and rapid.
- You develop a sweat after only a few minutes of activity.
- You cannot say more than a few words without pausing for breath.

Your exercise intensity is up to you. Science tells us that moderate intensity is enough to reduce stress. You may be someone who wants to get even more out of your 10-12 minutes, but be careful not to push yourself too hard. Being short of breath, experiencing pain, or being unable to exercise for the full 10-12 minutes are all signs that you are pushing yourself too hard. If you notice any of these signs, back off a bit. After a short rest, you can build intensity again a little at a time.

PRO TIP: Discuss your physical health and exercise potential with our healthcare provider before beginning the cardio sessions.

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.