

Best Aerobic Exercise is the one you will do !



Guidelines suggest 75 minutes of vigorous exercise or 150 minutes of moderate per week or a combination of them both.

You can break it up. You do not have to do all at once.

Know Yourself by Testing Yourself

Move - Aerobic - Moderate

Can You Walk Briskly!

Test Yourself: Can you walk a brisk mile in **17** minutes or faster (**> 3.4 mph**)? If >59 years old >3.1 mph is acceptable. If you can you have exceeded the Healthy Fit Mark.



Know Yourself by Testing Yourself

Move - Aerobic - Vigorous

Can You Climb Stairs!

Performance on exercise test predicts risk of death from cardiovascular disease and cancer

Test Yourself: Stair climbing test predicts the risk of death from cardiovascular disease, cancer, and other causes. Good performance on the test equates to climbing three floors of stairs very fast, or four floors fast, without stopping.

If a person can walk very fast up three floors of stairs without stopping, or fast up four floors in about **45-55 seconds** without stopping, they have good functional capacity. If not, it is an indicator that they need more exercise.

A flight of stairs for our purpose is 12-15 steps.

Do not start a program without getting cleared to exercise by going over a PAR Q ([see PAR Q](#)).



A GREAT WAY TO MOVE MORE IS WALKING. IT IS THE BEST

**Walking can lower risk of heart-related conditions as much as
running**

Walking faster could make you live longer

Taking a walk may lead to more creativity than sitting

IT DOES SO MUCH MORE!

IF YOU DO ONE THING WALK BRISKLY!

3 or more times a week for 20-30 minute

Walking is Great for Pain Reduction and Less Stiff Joints?

**WALKING BRISKLY with large arms motions is great for your muscles and
joints and mental health (depression, anxiety, trauma).**

**Walking is Part of all my Joint Health Care Programs. Got a sore back I say
walk, sore neck, I say Walk, sore shoulder I say walk, etc.**

SPEED IT UP - GET VIGOROUS

Try to speed it up at points when walking or do several flights of stair a day (to get you heart pumping faster) or Try to get out of breath during aerobic exercise 3 or more x a week for 20 to 30 seconds for one or more sets. This is a simple form of HIIT.

HIIT = High Intensity Interval Training. BUILD UP TO 45 TO 90 SECOND HIGHER INTENSITY INTERVALS.

Moderate walking and other forms of Moderate Exercise is good for your Health, but Vigorous Exercise like HIIT increases your aerobic ability and heart function to a greater degree.



Why do vigorous exercise?

It is one way to increase your calorie burn, improve your heart health, improve mood, and boost your metabolism ([read more](#)). See the benefits and concerns of interval training at [Interval Training Benefits and Downsides](#).



STEP IT UP - GET VIGOROUS

Want Vigorous Exercise. Try Stepping.

Stair climbing is Vigorous. It expends approximately **9.0 METs**.

1.0 METs is oxygen needed at rest. 3-4 METs is walking. 8 METs is jogging and 10 METs is running a 10 minute mile.

**BUILD YOUR STAIR
CLIMBING POWER
WITH STEP-UPS**



Train Using a Step: Step up and down off a bottom step 8” for 30 to 90 seconds for one or more sets. This is **HIGH INTENSITY INTERVAL TRAINING (HIIT)**.

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PERFORMANCE 101: Summary Aerobic Conditioning?

To improve aerobic fitness you need to work vigorously than what you are used to. A great way to Judge Intensity is RPE. I like it better than using heart rate.

Vigorous Starts at Somewhat Difficult Intensity RPE 4-5

Vigorous activities may cause the heart to beat faster, sweating, muscle burn, breathing to become labored, and talking to become difficult. Vigorous activity can be performed with most forms of aerobic activities. One of the best forms of vigorous activities is interval training (some call it High Intensity Interval Training). It is a sequence of 2 or more intervals of high intensity interspersed with low intensity aerobic activity for 30 to 90 seconds (ideal 45 to 60 seconds).

Rated Perceived Exertion (RPE) is a subjective measure of how a person feels during physical activity. It is a great way to judge intensity of an activity. It is a total body observation of heart rate, increased breathing, and muscle fatigue. The **RPE** scale runs from 0 – 10. The numbers in the RPE chart relate to phrases used to rate how easy or difficult you find an activity

Intensity is relative so use the
RPE scale

RPE	Talking	Breathing
1	Normal	Normal
2	Normal	Normal
3 Moderate	Easy	Comfortable
4 VT-1 Somewhat Hard	Somewhat Difficult	Noticeable
5-VT2 Hard	Difficult	Deep but Steady
6-VT2	Difficult-Very Difficult- Lactic Acid Burn	Deep and Somewhat Rapid
7-VT3	Very Difficult	Deep and Rapid
8-VT3	Extremely Difficult	Very Deep and Very Rapid
9	No	Very Deep and Very Rapid
10	Impossible	Breathlessness

Vigorous / HIIT Zone

Vigorous Starts at Somewhat Difficult Intensity RPE 4-5

Note how you Talk and how you Breathe During exercise

THIS IS WHERE YOUR AEROBIC FITNESS IMPROVES



Vigorous / HIIT Zone

RPE scale

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