

Exercise intensity measurements

Table 1: Measures of Physical Activity Intensity

Intensity	Activity	Percent of Maximum Heart Rate (HR_{max})	RPE: Rating of Perceived Exertion (Borg Scale) 1-20
Very light	Working at desk; walking 2.0 mph	< 50%	<10
Light	Cleaning, Mowing	50-<64%	10-11
Moderate	Walking at 3.0 mph;	64-<77%	12-13
Hard (Vigorous)	Walking at 4.5 mph	77-<94%	14-16
High	Jogging faster than 5.0 mph	94-<100%	17-19
Maximum	All out running	Maximal = 100%	20 (maximum)

HR_{max}: maximum heart rate; RPE: rating of perceived exertion. Based on American College of Sports Medicine. *Guidelines for exercise testing and prescription*. (9th ed.). Philadelphia, PA: Lippincott Williams & Wilkins; 2014.