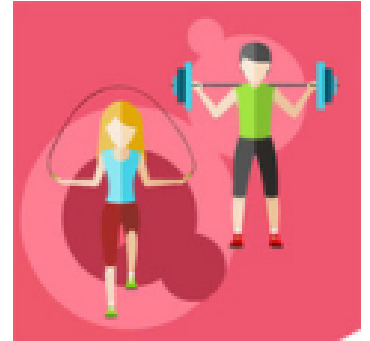


Exercising Safely at Home

Exercise vs. Physical Activity

- **Exercise** is intentional, structured, and repetitive bodily movement for the purpose of improving physical fitness. Exercise helps to reduce the risk of chronic disease.
 - Examples include going on a walk or run, riding a bike or a combination (intervals)!
- **Physical Activity** is bodily movement produced by contraction of skeletal muscle and increases energy expenditure. It is any movement that you perform. Not all physical activity is exercise.
 - Examples include walking the dog, golfing, washing dishes, shopping, cooking
 - Ways to increase your physical activity each day
 - Stand more sit less
 - Limit screen time



Physical activity vs exercise

Did you know...

Adults should get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise per week.

150 minutes can be broken into smaller portions such as 30 mins 5 days a week.

Adults should resistance train each major muscle group at least 2 nonconsecutive days per week.

Ideas for Safe Home Exercise:

- Walking or Hiking
- Stair Climbing
- Dancing
- Indoor or Outdoor cycling
- Resistance Bands
- Website based exercise videos

Talk with your Care Manager for more options

Monitoring Exercise at Home

There are multiple ways to monitor your effort during exercise...

Heart Rate/Pulse (HR):

HR gives us a physiological measure of how hard the cardiovascular system is working during exercise. Your target HR is a safe range that is appropriate for exercise. It is calculated using your resting HR and age. This is not always a good method for patients taking medications that lower heart rate, such as beta blockers. In this case, using your resting heart rate + 25-30 beats per minute may be suggested; speak with your care manager to understand if this method will work for you.

RPE (Rating of Perceived Exertion):

RPE is a subjective scale (self-reported) that encourages us to listen to our bodies to determine how the exercise makes you feel. This scale is especially helpful for those whose HR does not reflect that effort. Ideally, your RPE should be from 11 (light) to 15 (hard) with exercise. RPE is used to help identify any adjustments that may be needed to your exercise program. You may want to change the time or intensity based on how you rate or are feeling; sometimes you may need to increase amount and sometimes you may need to decrease. Listening to your body's response to exercise is an important component of safe exercise.

Borg's Rating of Perceived Exertion (RPE) Scale	
Perceived Exertion Rating	Description of Exertion
6	No exertion; sitting and resting
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Heart Rate Monitors

There are numerous brands of fitness monitors that can track heart rate (and sometimes even EKG) with a wide range of prices depending on your budget.

Your smart phone may also offer several applications that can measure heart rate and activity.

Apple watches, FitBits, Garmin watches, Samsung watches, Polar chest straps, and pulse oximeters are all great options!

