



Fitness *fact sheet*

Perceived Exertion Scale

The perceived exertion scale is a simple way for you to recognize how hard you are working while you exercise (exercise intensity), especially when measuring your heart rate. It helps you evaluate your internal comfort zone, or “how you feel” during exercise with regard to the normal sensation of exertion, breathing, or even discomfort. This scale is also useful for people who are on medications that control their heart rate, or people who have a hard time finding their pulse.

How do I use the Perceived Exertion Scale

To use the perceived exertion scale take a moment to sense how you are feeling. Now relate that feeling to one of the numbers on the RPE scale. For example, sitting in a chair you might perceive to be a 0 “nothing at all” or very low effort on the perceived exertion scale. Walking at a moderate pace, you might perceive

to be a 3 “moderate” or 5 “hard” effort on the perceived exertion scale. A perceived exertion effort of between 3 and 5 is the right target range for moderate intensity level aerobic exercise. It is advised that you do not exercise at “extremely hard” or at “maximal” effort. You should be able to talk as you exercise.

Rating of Perceived Exertion (RPE)*

- 0 Nothing at all
- 1 Very light
- 2 Light
- 3 Moderate
- 4 Somewhat hard
- 5 Hard
- 6
- 7 Very Hard
- 8
- 9 Extremely Hard
- 10 Maximum Effort

* modified Borg scale.

Important Note

If you feel any of the symptoms listed below stop exercising right away:

- Chest pain such as pressure or burning
- Chest pain that goes to the shoulders or down the arm
- Extreme dizziness, feeling confused, or weak
- Extreme shortness of breath or trouble breathing

If any of the symptoms persist, seek medical assistance right away or call 911.

For more information please contact the MFit Fitness Center at the Ice Cube at 734-998-8700.

