

Self Monitoring Your Exercise Intensity

Remember stability before mobility

Core Strength throughout the activity “Activate the core engage the pelvic floor”

Notice breathing: full, deep and rhythmic to support the work never hold your breath while exercising

Check Posture:

- P** Pelvis in neutral position, hips level with weight evenly distributed
- O** Over both feet and keep feet flat and relaxed
- S** Stable joints, contracting muscles around the major joints without being rigid
- T** Tight abdominals by *pulling pelvic floor muscles* up to belly button and in toward the spine
- U** Upright ribs, standing tall with long spine
- R** Retracted shoulders and gently slipping shoulders into hip pockets
- E** Ears over shoulders, head feeling balanced over shoulders on the long spine

How do YOU feel before during and after exercising?

Joint and muscle awareness

- ✓ Have you had a previous injury or surgery to the muscle or joint
- ✓ Joint Range of Motion (ROM)
 - Direction of movement from start point to end point
 - Long lever vs shorter lever (length of limb moving example; long leg or bent leg, long arm or bent arm)
- ✓ Quality of the movement throughout the RO M
 - Observe any sticky points, Movement should become easier as you repeat movements, not painful
- ✓ Are you in pain with a specific movement?
 - Are you lifting too high---stretching too wide?
 - Is the resistance tool to intense or heavy?
- ✓ **The Two Hour Pain Rule:** If you have **more pain two hours after you finish** your exercise routine than before you started, you may have overdone it. **Decrease the intensity of your** exercise routine until you find a level that does not cause more pain two hours after you finish.

How to tell if you are not over or under exerting: pay attention to your body’s signals. Using one of the following will help you ensure that you are working at a safe and effective level for you.

Identity Target Heart Rate Zone (THZ) based on a percentage of age estimated Heart Rate max (HR mx)

- Moderate aerobic intensity- the kind recommended for health and fitness- 60% to 75% of HR max. This is the recommended intensity level for aerobic exercise for people with arthritis. *Depending on your health and current activity level the aerobic intensity can have a minimum range of 40% up to a maximum of 85% HR max.*

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STOP EXERCISE AND NOTIFY SOMEONE IF YOU EXPERIENCE THE FOLLOWING:

**Chest, neck and jaw or shoulder pain,
Shortness of breath,
Dizziness,
Nausea,
Confusion,
Excessive fatigue,
Clamminess or unusually excessive sweating during exercise**

- **Please Do Not Leave The Room If You Are Having Trouble.**
- **Inform Someone! Get Help!**

Are you working too hard or maybe not hard enough?

Monitor your rate of perceived exertion (RPE), pulse or breathlessness during exercise?

RPE

0.5 Extremely Weak (Just Noticeable)
1 Very Weak
2 Weak
3 Somewhat Light
4 Light
5 Somewhat Hard
6 Hard
7 Very Hard
8 Very Very Hard
9 Extremely Hard
10 Maximal Exertion

Pulse, how does it feel

0 No Pulse
.3
.5 Just Noticeable
1
2 Light
3
4
5 Heavy
6
7
8
9
10 Extremely Strong Max
Pulse

Breathlessness

0 Nothing At All
.3
.5 Very Very Slight
1 Very Slight
2 Slight
3 Moderate
4 Somewhat Severe
5 Severe
6 Or 7 Very Severe
8 Or 9 Very Very Severe
10 Maximal

Do the Talk Test: Can you talk?

Talk Test Monitors only the **TOP END** of the Target Heart Rate Zone

- ✓ Participants should be able to breathe comfortably and deeply during the entire workout.
- ✓ If participant is short of breath, panting, or gasping and is unable to talk, the workout is too intense; it means they're working too hard and need to slow down speed and reduce effort



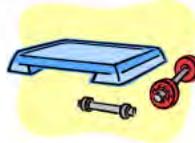
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Checking Heart rates: This method is not recommended for individuals on heart medications.

- ✓ Take pulses after vigorous exercise to determine how hard the heart has worked.
 1. As soon as exercise ceases, place the tips of the index and middle fingers lightly over one of the blood vessels on the neck (carotid arteries) located to the left or right of the Adam's apple. or
 - a. Place the pads of your middle two or three fingers on your wrist just below the base of your thumb.
 2. Count the pulsations for 10 seconds and refer to the chart.
 - a. Once you feel the thumping of your heart beat, check your watch or timer and count the number of beats you feel for 10 seconds. Begin your count with zero for the first beat.
 - b. Your number should fall with the 60 to 75 percent range for your age level on the Target Heart Rate Scale.
 3. If the pulse is below the target zone, exercise a little harder next time. If it is above the target zone, exercise should be lightened. If it falls within the target zone, exercise is taking place at the correct intensity.

TARGET HEART RATE SCALE (PERCENT OF MAXIMUM Heart Rate)*

Heart beat count in 10 seconds And a one-minute heart beat count



AGE	Max heart rate	10 sec count	10 sec count	One minute count	One minute count	One minute count
	100%	60% of max	75% of max	60% of max	70% of max	75% of max
35-39	185	18	23	111	130	139
40-44	180	18	22	108	126	135
45-49	175	17	22	105	123	131
50-54	170	17	21	102	119	127
55-59	165	16	21	99	116	124
60-64	160	16	20	96	112	120
65-69	155	15	19	93	109	116
70-74	150	15	19	90	105	112
75-	145	14	18	87	102	109
80	140	14	17	84	98	105

Resource: Arthritis Foundation Publication: Arthritis Today Walking Guide
Getting In Shape: 1994 Shelter Publications