

Health & Wellness Tip of the Week

Week 2 January 9, 2017

January is all about **Physical Fitness**

It is the perfect time to remind everyone about the importance of staying fit and active.



How Hard Are You Really Working?

One way to determine how hard you're working is to use what's called the rate of perceived exertion. You estimate exercise intensity by judging how hard you feel you're working during physical activity.

- 👉 **Level 0-1:** no exertion. What you feel like when you're resting on the couch, watching tv.
- 👉 **Level 2-3:** light exertion. What you should feel when you're warming up and cooling down.
- 👉 **Level 4-5:** medium exertion. You're breathing slightly faster than normal, and your heart is beating a little faster than normal.
- 👉 **Level 6-7:** moderate exertion. You're breathing fairly hard and sweating, but can still talk.
- 👉 **Level 8-9:** hard exertion. You're breathing really hard, and can only say a few words at a time.
- 👉 **Level 10:** hardest exertion. You can't speak, and you can't keep up your current pace for more than a minute.

The idea is to work hard, but not too hard. For most individuals, levels 6 to 8 are where you should be during the most intense part of your workout.

Sources: American Council on Exercise

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