



Name Mary MOLLY Willis

While exerting yourself we want you to use the modified Borg 0-10 scale below to help you rate how strenuous an exercise or activity feels as you are doing it. The perception of exertion depends mainly on the strain and fatigue in your muscles and on the feeling of breathlessness or aches in the chest.

No.	Effort Experienced	Verbal Expression
0	No Exertion	Sitting in a chair
1	Very Light	No Problem
2	Fairly Light	Light /very easy to continue
3	Moderate	Comfortable to continue
4	Somewhat Hard	Beginning to feel winded
5	Hard	Heavy / feeling a bit winded
6	Hard	
7	Very Hard	Sweating/Winded
8	Very very hard	Tiring/you have to push yourself to continue
9	Extremely hard	out of breath
10	Maximal Effort	As hard as most people have experienced, whole body exhausted

Adapted from Kingston Cardiac Rehab

RULES WHEN EXERCISING

Remember to start any exercise or physical activity slowly and gradually build up – you will not benefit from doing too much too soon.

Warm up before starting your exercise and always allow time to cool down.

If you have nitro glycerine, carry it with you while you exercise.

Monitor your blood sugars and take a starchy carbohydrate snack with you if you are diabetic.

Do not exercise if you have any symptoms unusual for you, such as severe breathlessness, dizziness, nausea, palpitations, muscle cramps or extreme or unusual fatigue.

H/R is your heart rate or pulse. Count the number of beats you feel for 15 seconds. Multiply the number by 4 for your H/R.

4X15=60	4X19=76	4X23=92	4X27=108
4X16=64	4X20=80	4X24=96	4X28=112
4X17=68	4X21=84	4X25=100	4X29=116
4X18=72	4X22=88	4X26=104	4X30=120

