## How to use the BORG Rate of Perceived Exertion Scale (RPE)

Each MyFitScript exercise program incorporates a method for determining how hard you are working. Some programs utilize a heart rate zone chart that allows you to monitor your workload via your heart rate. Certain medications or conditions may not allow you to use the heart-rate method therefore the **Borg RPE Scale** is a wonderful tool to help you safely exercise within your perceived limitations.

In sports and particularly exercise testing, and certain populations like the older adult, the **Borg RPE Scale** is easy to use and measures perceived exertion. Fitness coaches use the scale to assess the intensity of training and competition. The original scale introduced by Gunnar Borg rated exertion on a scale of 6-20. This is especially used in clinical diagnosis of breathlessness and dyspnea, chest pain, angina and musculoskeletal pain.

The optimum training target zone for a healthy adult is 12-16 on the scale, which allows you to receive the most cardio respiratory benefit from the exercise. This intensity approximates an exertion of 60 - 80% of the Target Heart Rate range using the Karvonen Heart Rate Reserve method. It is further estimated that an RPE of 6-11 is equivalent to 30-55% of the maximum heart rate reserve. Exercising in the 17-20 RPE zone is not recommended. A good rule of thumb is that if you can walk and talk you're at a sustainable level of intensity for training...however if you can belt out a show tune chances are you need to pick up the pace!

Please note that your MyFitScript individualized exercise prescription may identify an RPE specific to the program so please follow your prescription. In addition, it is recommended that you consult your physician or healthcare provider before you begin an exercise program.

BORG 6-20 Rate of Perceived Exertion Scale (RPE)		
No Exertion	6	Little to no movement, very relaxed
Extremely Light	7	Able to maintain pace
	8	
Very Light	9	Comfortable and breathing harder
	10	
Light	11	Minimal sweating, can talk easily
	12	
Somewhat Hard	13	Slight breathlessness, can talk
	14	Increased sweating, still able to hold conversation but with difficulty
Hard	15	Sweating, able to push and still maintain proper form
	16	
Very Hard	17	Can keep a fast pace for a short time period
	18	
Extremely Hard	19	Difficulty breathing, near muscle exhaustion
Maximally Hard	20	STOP exercising, total exhaustion