

# Monitoring your intensity (Exertion)

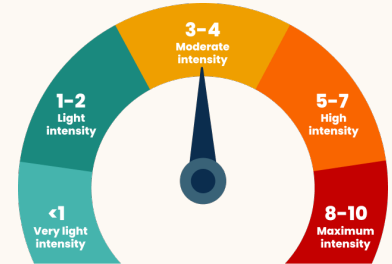


- **Exercise at moderate intensity.**
- If you have a less active lifestyle, start off with a **lower intensity.**
- **Monitor the intensity of your activity with:**



## A heart rate monitor

Get a recommendation from your health care team



## An exertion scale

Rating of Perceived Exertion (RPE) or talk test