

Rate of Perceived Exertion (RPE) Guide

The Borg Rating of Perceived Exertion (RPE) Scale is a simple way to measure exercise intensity based on how hard you feel your body is working. It is especially useful for individuals taking medications such as beta blockers, where heart rate may not accurately reflect exercise intensity.

RPE	Intensity	How It Feels	Recommended Use
6	No exertion	Sitting quietly	Rest
7-8	Very, very light	Minimal effort	Warm-up
9-10	Very light	Easy breathing	Recovery
11	Light	Comfortable	Easy walking
12-13	Moderate	Breathing faster but can talk comfortably	Ideal aerobic training; cardiac rehab
14-15	Somewhat hard	Conversation becoming shorter	Fitness improvement
16-17	Hard	Difficult to speak more than a few words	High-intensity intervals (if appropriate)
18-19	Very hard	Near maximal effort	Short maximal efforts
20	Maximal	Cannot continue	Maximum exertion

The Talk Test

- Easy: Can sing while exercising.
- Moderate: Can carry on a conversation comfortably.
- Vigorous: Can speak only a few words at a time.
- Too Hard: Unable to speak comfortably.

For Post-Cardiac Rehabilitation

Always stop exercising and seek medical attention if you experience chest pain, unusual shortness of breath, dizziness, fainting, or other concerning symptoms.

Disclaimer

This guide is for educational purposes only and is not a substitute for medical advice. Always consult your physician or cardiologist before beginning or changing an exercise program following a cardiovascular event or procedure.