



## *Help Your Participants*

### *Exercise at a Proper Pace*

Due to the fact that many older adults are on different types of heart-related medication, the following 2 methods of assessing their pace are best:

1: **Borg Scale** (a.k.a perceived exertion). The following is an adaptation of the Borg Scale and participants should be encouraged to stay in **mid-range**:

- 1 – Least effort (resting)
- 2 – Very, very light effort
- 3 – Very light effort
- 4 – **Fairly light effort**
- 5 – **Somewhat hard effort**
- 6 – **Hard effort**
- 7 – Very hard effort
- 8 – Very-very hard effort
- 9-10 Maximum effort

2: **The Talk Test** is even easier to use during a class. After having explained the idea, you simply ask individuals, at random, “How is it going Sally/John/Julie?” All they need to understand is they should always feel they can say a long phrase to you, or a neighbor, without feeling short-winded.