

Table 1

Borg** Rating	Perceived exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	light
12	
13	Somewhat hard
14	
15	
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Table 2

Aerobic Exercise	Intensity	Time	Max Heart rate or Borg level of exertion
Causal walking, light house work, stretching	light	> 5hrs weekly	55% of max; 7-11 level
Brisk walking, water aerobics, ballroom dancing, gardening	moderate	2.5 hrs -5 hrs a week	65-70% of max; 13-17 level
Jogging or running, cycling, swimming, aerobic dancing, heavy gardening	vigorous	75 min-2.5 hrs; (30 min; 5x weekly)	90% of max; 18-20 level