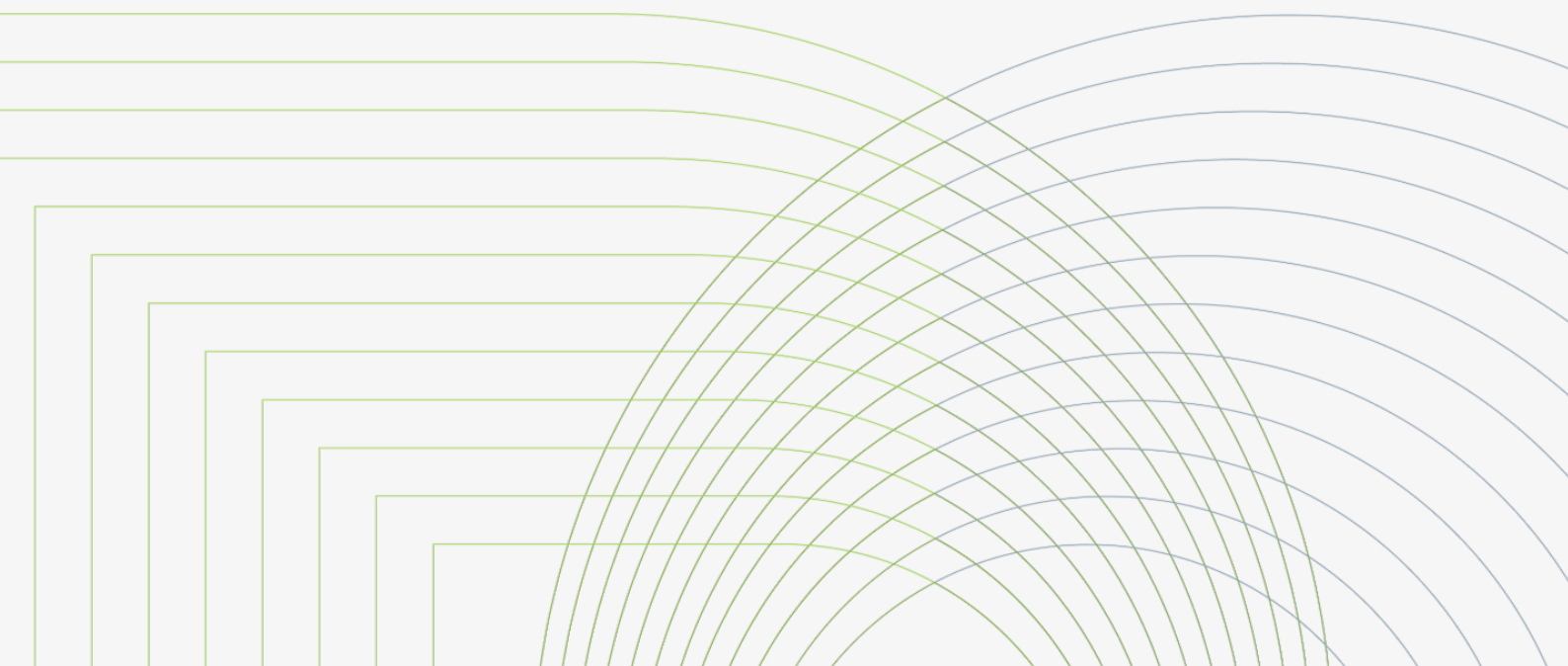


Module 3.3

Physical Activity: Planning Exercise

Keeping the Body in Mind – Resources

Consumer Learning Module



Module 3.3: Planning Exercise

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Warming Up

Completing a warm-up before you exercise is important to prepare your body and mind for exercise. The aim is to increase blood flow to the muscles to reduce the risk of injury.

Some examples of a warm-up could include a brisk walk, dancing, jogging on the spot, stair climbing, star jumps, cycling, rowing, boxing, or skipping.



Knowing How Hard to Work

If exercise isn't hard enough, you may not get all the benefits associated with it. Therefore, it is important to measure how hard the exercises are.



RPE (Rating of Perceived Exertion)

By tracking how hard an exercise feels, you can make sure you are exercising at the most appropriate intensity. You can track exercise intensity using a scale known as the Rating of Perceived Exertion (RPE).

Rate of Perceived Effort (RPE) Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and only speak a few words
7 - 8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence
4 - 6	Moderate Activity Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2 - 3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

How hard should you work in your exercise sessions?



Activity: Rate your RPE for the below activities.

Activity	RPE / How did it feel?
10 sit-to-stand	
Sitting in a chair	
5 push-ups	



Activity: How do bodies respond to exercise?

Many changes happen to the body during exercise. Fill in the blanks:

- Your breathing becomes _____
- Your heart rate _____
- You sweat _____
- Your _____ feel slightly sore afterwards

Cool Down

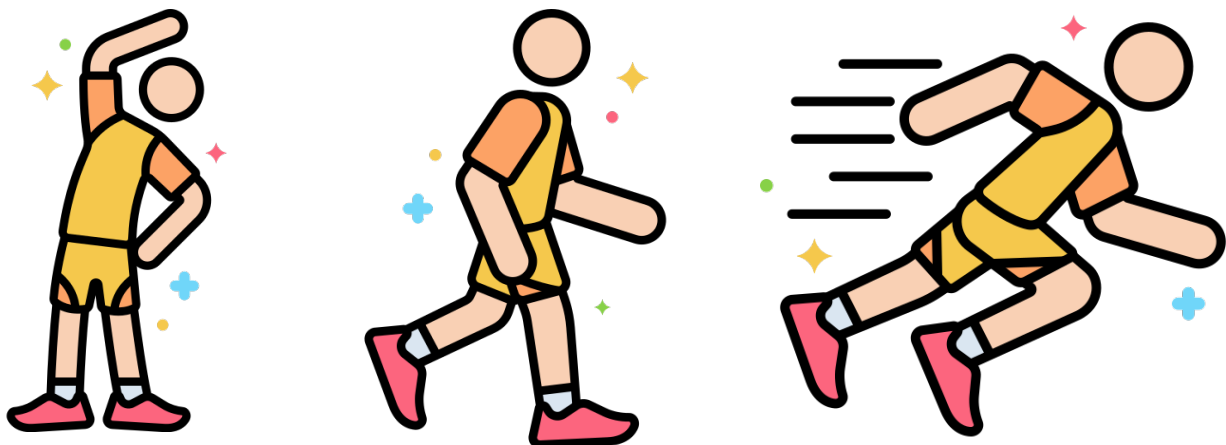
Completing a cool-down following exercise allows your body to return to its resting state and minimises muscle soreness.

Cool-down is generally at a light intensity (see Rating of Perceived Exertion scale above) and includes some stretching. This could involve a gentle walk and stretching for 5-10 minutes.



Recovery After Exercise

To prevent injury and help with recovery following exercise, start slow and gradually build up. If you are just starting out, exercise should not be too difficult. Speak with your health professional if you are unsure about how to start, and make sure you complete a warm-up before and a cool-down after exercise.



Listen to your body. You may experience muscle soreness (sometimes known as DOMS or delayed onset muscle soreness) in the days following.

This is normal!



Note: If pain that lasts for more than one week following an exercise session, speak with a health professional

To manage muscle soreness:

Rest

It is important to give your body adequate rest between sessions

Hydrate

Drinking more water helps replenish your muscles

Active Recovery

Mobility or stretching helps circulation of the blood, oxygen and nutrients which promote recovery

Continued exercise

The more you exercise, the more your body gets used to training. With regular physical activity, you will experience less soreness

Nutrition

Be sure to replenish your body with a healthy snack or meal following exercise to support muscle building and repair

Try to plan your exercise program in advance and talk to an Exercise Physiologist or GP for more information.

Check out exerciseright.com.au for some more information, videos, and tips.

**Congratulations! You've now completed module 3.3 Physical Activity –
Planning Exercise**



Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:
mindgardens.org.au/KBIMResources



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