

# Be Active: Types of Activity

- **Endurance**- sometimes referred to as ‘aerobic’ activities, this type of activity increases your breathing and heart rate to improve your heart, lung, and circulatory system health. Endurance activity should be done on most days of the week. Examples: walking, yardwork (mowing or raking), dancing, biking, or playing team sports.
- **Strength**- This type of activity helps to strengthen your muscles AND bones! Being strong makes activities easier such as getting out of chair, climbing stairs, or carrying groceries or grandkids. Strength training also helps with your balance and can help prevent falls and fall-related injuries. Strength training should be done at least 2 days per week. Examples: Exercises using dumbbells, resistance bands, or bodyweight.
- **Balance**- Balance training helps to prevent falls and helps you to remain stable on your feet. Balance training can be done every day. Examples: standing on one foot or walking heel-to-toe.
- **Flexibility**- also known as stretching, this activity can keep you limber which helps you to stay independent for longer. Think about being able to wash your back in the shower or reach up into a cupboard for a dish. Flexibility exercises can be done every day.



**wiha**  
Wisconsin Institute  
for Healthy Aging

## How hard are you working?

Use the Rate of Perceived Exertion Chart to find out!

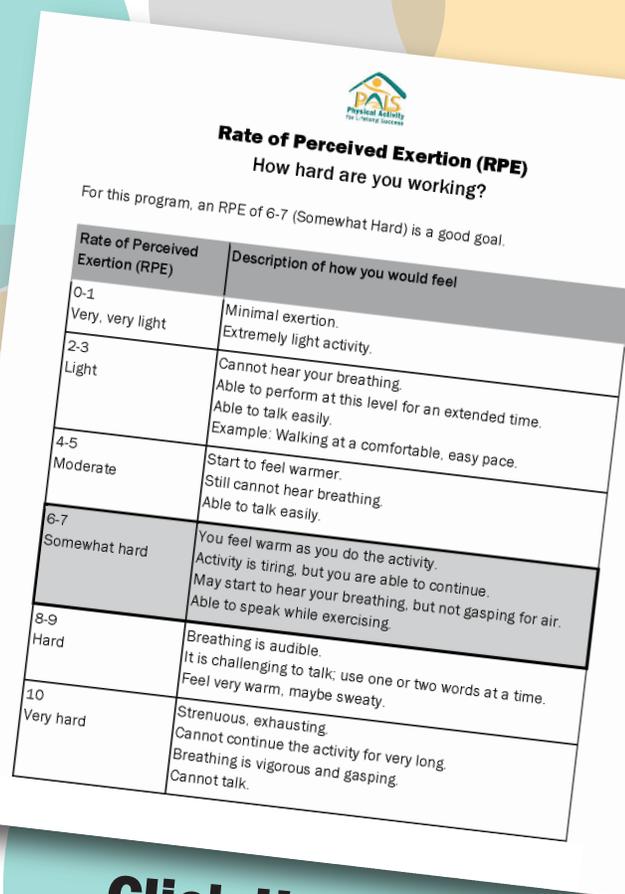
## Exercise Tips from NIH

Keeping track of your progress is a great way to stay motivated to exercise. Use these worksheets to help stick to your exercise routine and see your progress:

- **Goal-setting worksheet:** Create both short-term and long-term goals.
- **Activity log:** Write down how much time you are physically active.
- **Weekly exercise and physical activity plan:** Make your own plan and update it as you progress.
- **Monthly progress test:** Record your activities from month-to-month and watch your progress.

Follow the link below for these worksheets on the National Institute on Aging’s website.

**[Worksheets - Click Here!](#)**



**Rate of Perceived Exertion (RPE)**  
How hard are you working?

For this program, an RPE of 6-7 (Somewhat Hard) is a good goal.

Rate of Perceived Exertion (RPE)	Description of how you would feel
0-1 Very, very light	Minimal exertion. Extremely light activity.
2-3 Light	Cannot hear your breathing. Able to perform at this level for an extended time. Able to talk easily. Example: Walking at a comfortable, easy pace.
4-5 Moderate	Start to feel warmer. Still cannot hear breathing. Able to talk easily.
6-7 Somewhat hard	You feel warm as you do the activity. Activity is tiring, but you are able to continue. May start to hear your breathing, but not gasping for air. Able to speak while exercising.
8-9 Hard	Breathing is audible. It is challenging to talk; use one or two words at a time. Feel very warm, maybe sweaty.
10 Very hard	Strenuous, exhausting. Cannot continue the activity for very long. Breathing is vigorous and gasping. Cannot talk.

**[Click Here for the RPE Chart!](#)**