

# FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT  
AND THE AMERICAN COUNCIL ON EXERCISE

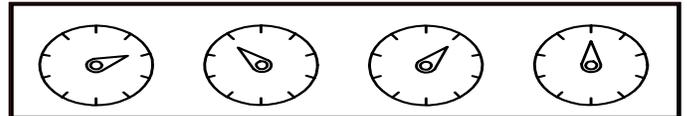
## The Right Effort for the Right Result

### Borg RPE Scale

0	nothing at all – sleeping
1	
2	very light
3	fairly light
4	light
5	moderate
6	slightly hard
7	moderately hard
8	hard
9	very hard
10	very, very hard - maximal

### Rate of Perceived Exertion (RPE)

One of the easiest ways to monitor your exercise intensity is to rate the level of exertion. Whether you walk, jog, bicycle, bench step, climb stairs, hike, or play a sport, you have a built in perception about how difficult that exercise is for your fitness level. By becoming familiar with the RPE Scale, you can continually assess your exercise intensity and ensure a level of exertion that is appropriate to meet your goals.



### Why Use RPE?

Monitoring exercise intensity with the RPE Scale is beneficial because:

1. It provides a double-check on heart rate, especially when the target heart rate zone is estimated from age.
2. Assessing RPE can be performed without stopping to "check" it, as is necessary with taking your pulse.
3. There is no equipment you can buy to accurately describe your perception of intensity.

*When you multiply your RPE times 10 you get a pretty good estimate of the percentage of your maximum heart rate you are working at.*

*Ex. RPE of 7 roughly = 70% of your maximum heart rate.*