

SSF: Borg Rating of Perceived Exertion (RPE) Scale

MODERATE AEROBIC PHYSICAL ACTIVITY would be rated between and inclusive of 12-14 on the chart

The World Health Organisation (WHO) 2010, and 2020, recommend a minimum of 150 minutes of **MODERATE AEROBIC PHYSICAL ACTIVITY** and continue; “For additional Health Benefits, Adults should increase their Moderate Aerobic Physical Activity to 300 minutes weekly, or do 150 minutes of Vigorous Aerobic Physical Activity

No. RATING	VERBAL RATING	EXAMPLE
6		No Physical Effort
7	Extremely Light	Your Effort is just noticeable
8		
9	Very Light	Walking Slowly at your own pace
10		Light Physical Effort
11	Fairly Light	Feels like you have enough energy to continue exercising

12		(MODERATE INTENSITY AEROBIC PHYSICAL ACTIVITY)
13	Somewhat Hard	
14		Strong Effort needed

15	Hard	(VIGOROUS INTENSITY AEROBIC PHYSICAL ACTIVITY)
16		Very Strong Effort needed
17	Very Hard	You have to push yourself to continue
18		
19	Extremely Hard	For most, this would be the most Strenuous exercise they have ever done
20	Maximal Exertion	Absolute maximal Effort, Exhaustion

