

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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CARDIO-EXERCISE: How To Measure Your Intensity using Rating of Perceived Exertion (RPE) Chart

When it comes to exercising, how hard you work can make a big difference in how many calories you burn and how much you improve your cardiovascular fitness level.

There is a certain intensity level that should be your goal during your cardio or aerobic workouts. Heart rate monitoring is usually the way to measure intensity level. But one's heart rate can be affected by medication, such as beta-blockers and those with health conditions that affect heart rate; like pregnancy. An easier method to use is the Rating of Perceived Exertion (RPE) chart. No matter what type of exercise you do, you should be within a range of comfort. The RPE chart requires you to pay attention to how you feel internally during exercising and how hard you are breathing.

(Borg Rating of Perceived Exertion Scale)

RPE

8	Very Light
9	
10	
11	Light
12	
13	Somewhat Hard
14	Hard
15	
16	Very Hard

The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel like your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. Although this is a subjective measure, a person's exertion rating may provide a fairly good estimate of the actual heart rate during physical activity* (CDC Borg, 1998). The Wellness Center Exercise physiologist will work with you to make sure you are in your work out heart rate range and RPE scale.

Let's get Started

Group Exercise Classes For All Levels

- **Body Toning:** Upper & lower body muscles worked individually & simultaneously.
- **Cardio:** Mix of step & other dance moves.
- **Circuit Training:** Fast pace class but moves are basic. Combination of cardio & toning circuits using cardiovascular & strength machines.
- **Personal Training:** Contact Cynthia Vowell, Better Bodies Owner, at 615-496-5208 or visit www.betterbodies.us for information.
- **Pilates:** Full body strength & flexibility conditioning to improve core control, coordination, alignment & balance.
- **Rejuvenate Low Impact:** Combination of low-impact aerobics & weight training.
- **Strength, Balance and Stretch:** Improves strength, balance, & flexibility using free weights and stretch bands.
- **Yoga:** Improves flexibility & balance, builds strength & stamina, & reduce stress through various poses & postures.



**Middle Tennessee
Medical Center**

We're here for life.



How To Measure Your Heart Rate (HR)

Source: ahealthyme.com

Your **heart rate (HR)** is defined as how many beats per minute (bpm) your heart is beating. A normal resting heart rate for most adults is 50 to 90 beats per minute. Super fit athletes have lower resting heart rates, like 40-50 beats per minute—and smokers, overweight people, and people with high blood pressure often have heart rates that are higher than the norm. The easiest way to measure your heart rate is by using a heart rate monitor. It is a device that straps around your chest and displays the heart rate on a watch. You can buy these at sporting-goods stores or on the Web for \$50-\$200. You can always check your heart rate the old-fashioned way: by feeling for your pulse and counting the beats. You can find your pulse easiest in your neck or wrist.

Wrist: Hold one hand (preferably the one without a watch) in front of you, with your palm turned up. Press the first two fingers (index and middle) of your other hand on the outer edge of your upturned wrist (under the thumb, just below the place where your hand meets your wrist), until you can feel a strong beat. Don't use your thumb to find your pulse because you can often feel your pulse in it as well.



Neck: Press the first two fingertips against the side of your neck, just below your jawbone and about half-way between your ear and your chin, until you feel a strong beat. Make sure you press gently. Once you find your pulse, look at a watch or clock with a second hand/timer. Count your pulse for 15 seconds, starting with zero. Multiply that number by 4; now you have your Heart rate (HR), the number of times your heart is beating per minute.



What should my Heart rate (HR) be during exercise?

To find your Target Heart Rate (THR) range you should exercise in, you must first find your Maximum Heart Rate (MHR). Simply subtract your age from 220. That gives you your MHR, this is an estimate of how fast your heart is capable of going. To find your THR for exercise, multiply your MHR by 50% for the lowest intensity and 85% for maximum intensity. See the table to the right for examples of THR during exercise in beats per minute (bpm).

Source: ahealthyme.com

AGE	50% MHR (beginner)	70% MHR	85% MHR
20-29	100 bpm	140 bpm	170 bpm
30-39	95 bpm	133 bpm	162 bpm
40-49	90 bpm	126 bpm	153 bpm
50-59	85 bpm	119 bpm	145 bpm
60-69	80 bpm	112 bpm	136 bpm
70-79	75 bpm	105 bpm	128 bpm

Recipe: Vegetable Salsa

Source: mayoclinic.com/health/healthy-recipes

Serves 16

INGREDIENTS:

1 cup diced zucchini
 1 cup chopped red onion
 2 red bell peppers, seeded and diced
 2 green bell peppers, seeded and diced
 4 tomatoes, diced
 2 garlic cloves, minced
 1/2 cup chopped fresh cilantro
 1 teaspoon ground black pepper
 2 teaspoons sugar
 1/4 cup lime juice
 1 teaspoon salt

DIRECTIONS:

Wash veggies and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend. Serve with your choice of chips or celery sticks.



NUTRITIONAL ANALYSIS

(per serving) :

Serving size: 1/2 cup

Calories	20
Protein	1 g
Carbohydrates	5 g
Total fat	0 g
Saturated fat	0 g
Monounsat. fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Fiber	1 g
Potassium	174 mg
Calcium	12 mg

About The Wellness Center

Committed to Medically-Based Fitness Since 1986

Greeted by a friendly face, our volunteers offer a welcoming voice and provide membership resources. Our registered nurses, respiratory therapist, exercise physiologists, and registered dietitians customize fitness and nutritional programs to enable members to meet personal goals—safely. The entire staff is committed to helping individuals make positive lifestyle changes.

We offers exercise and educational programs, fitness testing and evaluation, group exercise classes, nutrition counseling, wellness and post-clinical-care programs, smoking cessation classes, cardiac rehabilitation and pulmonary rehabilitation. By choosing the right program, you can achieve the optimal fitness and overall health of your lifetime!

HOURS

Monday	6am—8pm
Tuesday	6am—8pm
Wednesday	6am—8pm
Thursday	6am—8pm
Friday	6am—7pm
Saturday	8am—1pm
Sunday	Closed



Programs and Services

CLINICAL PROGRAMS

- Cardiac Rehabilitation (615-396-5511)
- Pulmonary Rehabilitation (615-396-4926)

HEALTH AND WELLNESS PROGRAMS

- Group Exercise Classes
- Fitness Testing and Evaluation
- Nutritional Counseling
- Senior Fitness
- Smoking Cessation Program

POST INJURY, DISEASE, SURGERY AND REHAB PROGRAMS

- Bariatric Wellness Aftercare Program
- HOPE Cancer Recovery Program
- Next Step Orthopedic
- Pulmonary Wellness Support Group
- Stroke Recovery Fitness
- Wellness for Life

SERVICES

- Body Composition Testing
- Corporate Health Screenings
- Exercise Assessment and 'Prescription'
- Better Bodies Personal Training (615-496-5208 | www.betterbodies.us)
- Treadmill Stress Tests

*Serving the Wellness,
Health Promotion and
Fitness Needs of Our
Employee Associates
and Patients, as well as,
the Residential and
Corporate Community.*