

TOTAL MINUTE CHALLENGE

WEEK 1



WHY 150 MINUTES OF EXERCISE PER WEEK?

The American College of Sports Medicine (ACSM) recommends a minimum of 150 minutes per week, or 30 minutes 5x per week, of **moderate** aerobic exercise.

To reduce your risk of disease, aim to get enough exercise regularly. Exercise aids in weight management, blood pressure regulation, management of anxiety & depression, and much more!



WHAT IS MODERATE EXERCISE?

According to ACSM, moderate aerobic exercise is when a person's heart rate reaches 64-76% of their age-predicted maximal heart rate. You can roughly calculate your age-predicted maximal heart rate with this formula: $[220 - \text{your age}]$.

But how can I tell what my heart rate is during exercise?! What if I don't have a heart rate monitor?

Another great way to determine the intensity of your exercise is to use the "**talk test.**"



WHAT IS THE "TALK TEST?"

Based on how easily you can hold a conversation during exercise, you can determine your intensity level. This is called the "talk test."

Low intensity: can talk without any shortness of breath or difficulty.

Moderate intensity: breathing is more audible but you can still hold a conversation and speak in complete (or almost complete) sentences before stopping for a breath.

Vigorous intensity: can only say a few words at a time between gasps of air.