

Are You Exercising Hard Enough?

The health benefits of sticking to a moderate exercise pace include:

- ✓ Reduced heart disease risk
- ✓ Lower blood pressure levels
- ✓ Healthier cholesterol levels
- ✓ Weight control

Sources include the American Academy of Family Physicians, Centers for Disease Control and Prevention, and Office of Women's Health, Department of Health and Human Services.

Developed by StayWell

What counts as moderate intensity?

A moderately intense activity raises your heart rate and makes you break a sweat. When you're doing a vigorous intensity activity, you should be breathing hard and fast, and your heart rate should go up significantly.

Does it feel intense?

Then it probably is. The more vigorously you exercise, the faster you breathe and the more you sweat. You also can use the talk test. If you can talk comfortably, you're working out at a moderate intensity.