



ON THE MOVE

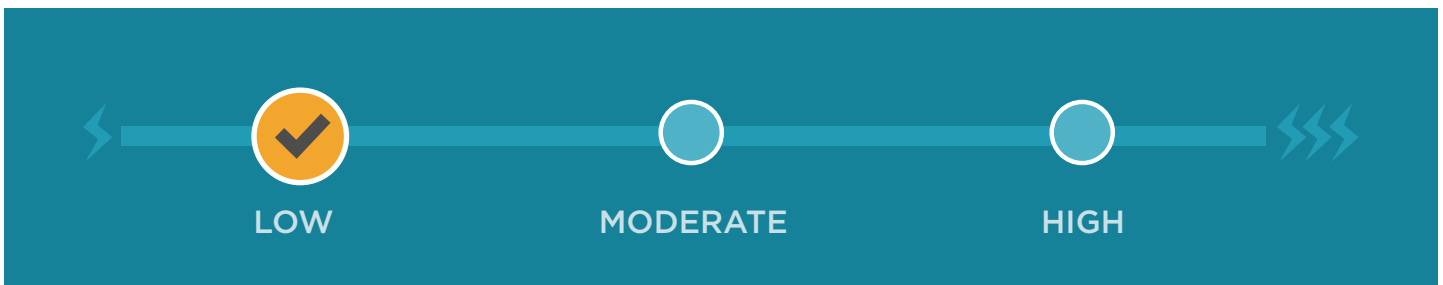
How Do I Track Intensity?



Did you know?

You can monitor your walking (or other exercise) speed/pace/intensity based on how heavy you are breathing while you perform the movement.

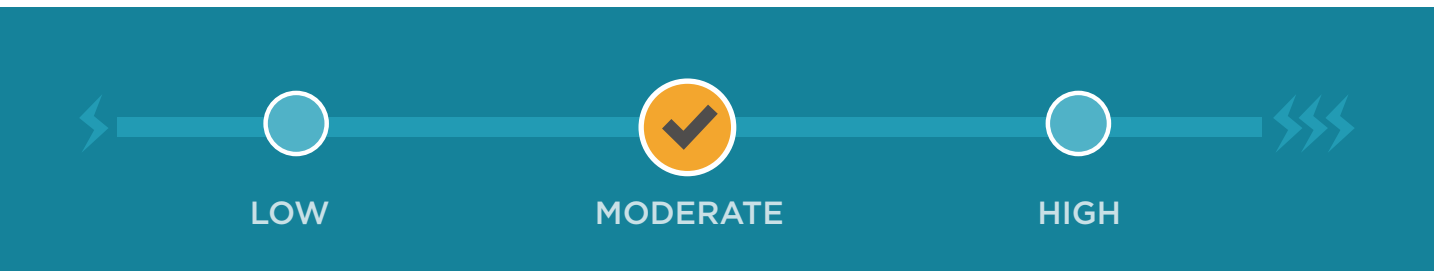
HERE'S A QUICK INTENSITY KEY



Choose **LOW** Intensity if:

YOUR BREATH: You can do the activity while maintaining easy, light breathing.

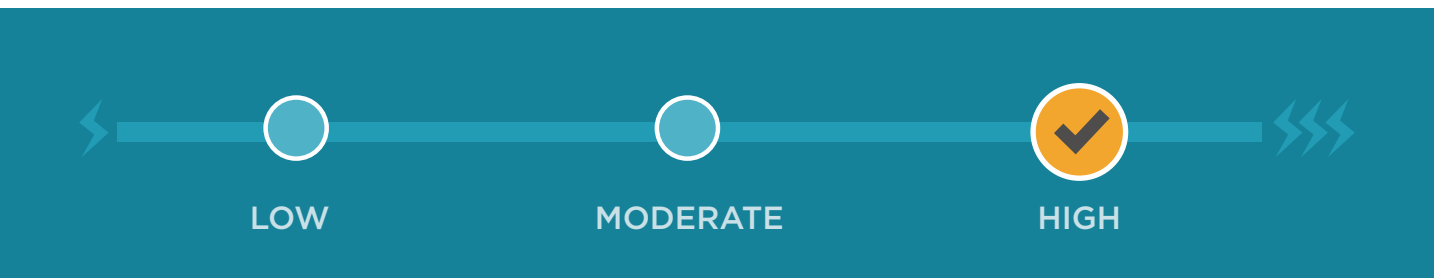
COMPARE IT TO: A leisurely stroll!



Choose **MODERATE** Intensity if:

YOUR BREATH: While doing this exercise, you are somewhat winded but could still have a conversation.

COMPARE IT TO: A brisk walk uphill!



Choose **HIGH** Intensity if:

YOUR BREATH: You are almost breathless.

COMPARE IT TO: Racing someone full speed!