

# **COMPONENTS OF EXERCISE & JUDGING EXERCISE TOLERANCE**



**Lifespan Cardiovascular Institute**

**Rhode Island Hospital • The Miriam Hospital  
Newport Hospital**

*Delivering health with care.®*

The Center for Cardiac Fitness  
Cardiac Rehab Program  
The Miriam Hospital

# OBJECTIVES

- **Explain the importance of warm up and cool down**
- **State the recommended frequency, intensity, and duration of exercise**
- **List three aerobic activities**

# Components of Exercise

- **Warm up (5-10 minutes)**
  - Gradually prepares body
  - Helps prevent muscle injury & soreness
- **Workout (30-60 minutes)**
  - Improves circulatory & respiratory systems
  - Works large muscle groups
  - Sustained, rhythmic movement
- **Cool down (5-10 minutes)**
  - Helps prevent muscle soreness
  - Allows muscles to assist in pumping blood back to heart
  - Helps return heart rate to resting
  - Should include stretching

# Exercise Prescription

- **Frequency:** How many times per week
- **Intensity:** How hard you are working
- **Duration:** How much time per session
- **Mode:** Type of activity

# Frequency



## 4-6 Days per week

**Cardiovascular Health: at least 4-5 days per week**

**Weight Loss: 5-6 days per week**

# Duration



**30 – 60 minutes**

**Cardiovascular Health: at least 30 minutes**

**Weight Loss: 45 to 60 minutes**

# Mode



## Aerobic



**walking, biking, swimming, etc**

## Resistance training

**circuit, handweights, therabands**



# Intensity

## Determined by:

- **Stress test**
- **MET level**
- **Ischemic/anginal threshold**
- **Target heart rates**
- **Heart rate and blood pressure response**
- **Rating of perceived exertion (RPE)**