



Exercise Adherence

UNC REX Cardiac Rehab at Home

Exercise Adherence

Exercise adherence or exercise compliance is a term used to describe how well someone is sticking to:

- Their home exercise regimen or program
- Their gym program
- The recommendations made to them by their health professionals



Exercise Motivation

What motivates you? What are your goals?

- Health benefits
- Stress management
- Enjoyment
- Challenge
- Maintain current weight or achieve a weight loss
- Build self-esteem
- Social benefits; Making friends
- Improved mobility and range of motion
- Decrease in pain



Exercise Barriers

What is stopping you from achieving your exercise goals?

Is it...

- Lack of time?
- Lack of energy?
- Lack of motivation?
- Lack of social support?
- Orthopedic limitations?
- Health limitations?
- Location, convenience, cost?



Tips to Achieve Your Exercise Goals

- Make the exercise fun.
- Exercise with friends or accountability partners.
- Log your exercise to monitor improvements.
- Reinforce success
- Use “self-talk”
- Find a convenient location to exercise
- Focus on strategies that will help you achieve your goals





S	<ul style="list-style-type: none"> • What do you want to accomplish? _____ • Why do you want to accomplish this? _____
M	<ul style="list-style-type: none"> • How will I measure my progress? _____ • How will I know when the goal is accomplished? _____
A	<ul style="list-style-type: none"> • How can the goals be accomplished? _____ • What are the steps I need to take? _____
R	<ul style="list-style-type: none"> • Is this a worthwhile goal? _____ • Do I have time to dedicate to this goal? _____ • Is this goal inline with my long term fitness goals? _____
T	<ul style="list-style-type: none"> • How long will I take to accomplish this goal? _____ • What is the date that I want to have this goal accomplished by? _____ • When am I going to work on this goal? _____

Exercise Smart Goals

Make Goals:

S- Smart

M-Measureable

A- Achievable

R-Realistic

T-Timely

F.I.T. Prescription for Exercise

F.I.T. = Frequency, Intensity and Time

Frequency - How often?

- 3 to 5 times per week









Intensity - How hard?

- Take the talk/sing test. If you cannot talk while exercising, slow down, if you can sing speed up.
- RPE scale between 3-6.
- Most people will become trained with increasing your heart rate 10-30 beats above your average resting heart rate.
- Remember to start off slow and gradually increase your intensity as you become stronger

Time - How long?

- 20 to 60 minutes. Surgeon General's office recommends 150 minutes of moderate activity each week.

Rating of Perceived Exertion (RPE) Scale
LEVEL HOW DO YOU FEEL?

1		I am resting
2		I am hardly working
3		Light effort, can talk easily
4		Starting to feel a little tired
5		Increased effort, slightly breathless
6		Moderately tired
7		Working hard
8		Very strenuous, I can't talk easily
9		Extremely tired, I need to stop soon!
10		Maximal effort- I have to stop NOW!

