



Beginner Aerobic Exercise

Information Summary



It is important that you start slow and progress gradually towards your ideal goal of **3 hours per week of moderate intensity aerobic activity**. This beginner program runs for **12 weeks**, and you may use any selection of exercises that you feel most comfortable performing based on the equipment or venues available to you! - For example, in this beginner period, simply going for a brisk walk will be beneficial for you and is something achievable outdoors (amongst nature) or indoors using a treadmill. You may refer to our [Exercise Library](#) for some examples and instructional videos.

Here is an example of how you may gradually introduce yourself to moderate intensity, aerobic exercise through-out your 12 week beginner aerobic program to ultimately achieve your target of 3 hours (180 minutes) per week – note that each week you will increase either the length of time you exercise each session, or the amount of sessions per week you engage in:-

- Week 1: 10 minutes of exercise -- 3 times per week -- (30 minutes total).
- Week 2: 15 minutes of exercise -- 3 times per week -- (45 minutes total).
- Week 3: 20 minutes of exercise -- 3 times per week -- (60 minutes total).
- Week 4: 25 minutes of exercise -- 3 times per week -- (75 minutes total).
- Week 5: 30 minutes of exercise -- 3 times per week -- (90 minutes total).
- Week 6: 30 minutes of exercise -- 4 times per week -- (120 minutes total).
- Week 7: 35 minutes of exercise -- 4 times per week -- (140 minutes total).
- Week 8: 45 minutes of exercise -- 4 times per week -- (180 minutes total).

- Week 9:
- Week 10:
- Week 11:
- Week 12:

Maintain the duration (45 mins) and frequency (4 times per week) though **steadily increase** your intensity (i.e. the effort you give for your chosen exercise) **each week**.

You can complete your daily target in one session (e.g. 30 minutes at one time), or you can split these into two smaller sessions during the day (e.g. 15 minutes in the morning, 15 minutes in the afternoon). **The key is to accumulate your total exercise target** and to keep active!

MODIFIED RATING OF PERCEIVED EXERTION	BREATHING	% of MAXIMUM HEART RATE
0	No exertion	50% - 60%
1	Very light	
2	Notice breathing deeper, but still comfortable. Conversations possible.	60% - 70%
3	Aware of breathing harder; more difficult to hold conversation	70% - 80%
4	Starting to breathe hard & getting uncomfortable	80% - 90%
5	Deep & forceful breathing, uncomfortable, don't want to talk	90% - 100%
6		
7		
8	Extremely hard	
9		
10	Maximum exertion	