

SilverSneakers® Mind & Body PERCEIVED EXERTION CHART

1

- ✓ FEELING GOOD
- ✓ RELAXED
- ✓ CONFIDENT

2

- ✓ WARMED-UP
- ✓ PUSHING A LITTLE
- ✓ BREATHING DEEPER
- ✓ STRETCHING MORE

3

- ✓ STRAINING
- ✓ OVEREXERTING
- ✓ OUT OF BREATH
- ✓ LOSING BALANCE

