**Intensity Matters: Frequency, Effort and Resistance in Exercise**

**Based on presentation by Jennifer Keller, MS, PT offered by Can Do MS-recording available at**

<https://www.cando-ms.org/online-resources/can-do-library/intensity-matters-general-tips-for-endurance-resistance-exercise>

Frequency, Effort, and Resistance:

1. Frequency (or repetitions). The goal is to do two sets of “X” number or repetitions based on the week of the program

Weeks 1-3 do 10 repetitions per set

Weeks 4-6 do 12 repetitions per set

Weeks 7-9 do 15 repetitions per set

Weeks 10-12 do 18 repetitions per set

1. Effort. When thinking about your effort, try to maintain a strenuous effort level. Too easy and you won’t see improvement. Too hard and you will risk injury. Aim for 4-6 on the Perceived Rate of Exertion scale (PRE)

1 Very Easy

2 Easy

3 Fairly Easy

4 Somewhat strenuous

5 Strenuous

6

7 Very Strenuous

8

9

10 Strenuous

1. Resistance. Make resistance progress by changing body position and/or using a resistance band

Weight of body part: i.e. laying on side while lifting leg vs. sliding leg out to side while lying on back

Length of the band, color of the ban will change resistance (as well how worn out the band is!)

1. Tracking-using a device like a step tracker or device on the phone or paper and pencil. What is the easiest and most appealing to you?

Many wellness activities are on the Can Do website: Emotional well-being; Home and Work; Cognitive Well-being; Diet; Exercise and Healthy behaviors; Relationships; Spirituality