

When You Should Stop Exercising

Signs and Symptoms to Stop Exercising

As you exercise, check your heart rate and monitor your body's responses. Stop and rest if you have any of the following symptoms:

- pain, pressure, burning or tightness in your neck, jaw, teeth, and arm, or between your shoulder blades
- dizziness or lightheadedness
- nausea (upset stomach) and vomiting (throwing up)
- cold sweat
- heavy sweating
- shortness of breath that makes talking difficult
- unusual fatigue (tiredness) or exhaustion
- feelings that your heart is pounding or racing
- fainting or black-out spells
- a feeling that your heart is skipping beats or has become irregular
- a sense of anxiety
- chest pain or pressure
- any new orthopedic problems, such as joint or muscle pain.

If the symptoms do not go away after resting, or if they keep happening, call your health care provider.

Borg RPE Scale®

The rate of perceived exertion (RPE) means "how hard you are working." It is based on the total amount of exertion and physical fatigue you feel during a particular activity.

The amount of work the heart can tolerate will vary greatly from person to person. In general, activities are safe if you can do them comfortably without having any warning symptoms (at left).

See the Borg RPE scale below to rate how hard you are working.

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Borg-RPE-skalan®
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The scale with correct instructions can be obtained from Borg Perception, see the home page: www.borgperception.se/index.html.