

The Counting Talk Test: The Smart Way to Exercise

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To help offset the [escalating rates of obesity](#) in the United States, [the American Heart Association](#) and [American College of Sports Medicine](#) recommend the following levels of exercise:

30 minutes of moderate-intensity physical activity 5 d·wk⁻¹, 20 minutes of vigorous intensity physical activity 3 d·wk⁻¹, or a combination of both moderate and vigorous physical activities (7). Sedentary individuals can significantly improve

while the [Centers for Disease Control](#) have recommendations based on age groups:

Physical Activity Guidelines

Children	Adults	Older Adults
		
6 to 17 years of age (/physicalactivity/everyone/guidelines/children.html)	18 to 64 years of age (/physicalactivity/everyone/guidelines/children.html)	65 years of age or older (/physicalactivity/everyone/guidelines/olderadults.html)

But vigorous exercise can carry [heart risks](#), [blood clot risks](#), and even [weaken immune system strength](#).

How can you know if you are exercising at a beneficial level?

By doing [the Counting Talk Test \(CTT\)](#)

A [new study](#) has confirmed the CTT as an easy and reliable way to achieve a safe level of beneficial exercise:

CONSISTENCY OF THE COUNTING TALK TEST FOR EXERCISE PRESCRIPTION

To do the CTT:

exercise intensity is the counting talk test (CTT). With the CTT method an individual counts, at rest, as high as he or she is able before having to take a second breath. Then, based on the resting count achieved (CTT_{rest}), the individual would be given a target number range to count to during exercise, based on a percentage of the CTT_{rest} (%CTT), which would

The researchers made the following recommendations for a CTT of less than 25:

CTT_{rest} count <25 , exercising at 40–50% of the CTT_{rest} count corresponded to moderate to vigorous exercise intensity,

and a CTT over 25:

whereas the individuals with a CTT_{rest} count ≥ 25 exercising at 30–40% of the CTT_{rest} count corresponded to moderate to vigorous exercise intensity. These guidelines based on the

Here is an example:

aerobic exercise training program. For example, an individual with a CTT_{rest} of 24, recommending he or she exercise at a level where he or she can only count to 10–12 (40–50% CTT_{rest}) while exercising would correspond to a moderate to vigorous exercise intensity level. For an individual with

Have A Question About this Newsletter?

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