



Figure 3. Novel, potentially sustainable exercise solutions for people with chronic disease.

^AMaximum heart rate (HRmax) is calculated as (208 - [0.7 × age]) for adults not on medication affecting heart rate (eg beta-blockers).

^BRating of perceived exertion (RPE) from the Borg 6–20 scale, where 15 is ‘hard’ and 17 is ‘very hard’.

HIIT, high-intensity interval training.