



PWR! Virtual Experience Intensity Survey

Help us personalize your experience so you exercise with the optimal physical and cognitive challenge. First, we need to know a little more about you!

Please use the definitions below to help you answer the questions below about your level of fitness and mobility.

Sedentary – Individual reports little to no physical activity or exercise; mostly sitting, reclining, lying posture, or standing.

Low-intensity - individual reports low-intensity physical activity or exercise < 2.5 hours/week; breathing is normal, and the activity does not noticeably increase the heart rate (e.g., easy slow walk, shopping, stretching, daily activities).

Moderate-intensity - Individual reports moderate-intensity physical activity or exercise > 2.5 hours/week; or 30' 5X/week; breathing is harder, sweats after 10', can hold a conversation. Examples: brisk walking, tai chi, golf, gardening, riding a bike on level surfaces, doubles tennis, weightlifting.

Vigorous-intensity – Individual reports vigorous-intensity physical activity or exercise ≥ 2.5 hours/week exercise or 45' 3x/week; talking is difficult, breathing rapid. Examples include: biking/hiking hills, singles tennis, jumping rope, walking upstairs, jogging, swimming laps, basketball, aerobic activities (treadmill, bike, functional).

1. What intensity characterizes your average physical activity for the last 3 months?

Please choose 1 (based upon definitions above)

- Sedentary 2 _____ Score
- Low-intensity 2
- Moderate-intensity 1
- Vigorous-intensity 0

2. Were you a habitual exerciser before diagnosis or in your midlife?

Defined as: ≥ 3 days/week moderate to high intensity?

- Yes 0 _____ Score
- No 2

3. How many years since your diagnosis?

- Less than 7 years 0 _____ Score
- Between 7-10 years 1
- Greater than 10 years 2

4. How many times have you fallen in the last 6 months?

- More than 2 times 2 _____ Score
- One or two times 1
- None 0

5. On a scale of 0-100%, how confident are you in your ability to exercise and be safe at home?

- 0-60% 2 _____ Score
- 60-75% 1
- 75-100% 0

6. Can you get down and up from the floor with a chair by yourself?

No	2	
Most of the time	1	
Yes	0	_____ Score

7. Do you require an assistive device or physical assistance of another person for walking, or getting in/out of a chair?

No	0	
Sometimes	1	
Yes	2	_____ Score

8. Do you have pain, joint limitations, major medical conditions, or other neurological disorders that may interfere with ability to exercise without adaptations?

Yes	2	
No	0	_____ Score

9. Do you have postural hypotension?

Defined as: low blood pressure that happens when you stand up from sitting or lying down. It can make you feel dizzy or lightheaded, and maybe faint.

Yes, most of the time	2	
Yes, occasionally	1	
No	0	_____ Score

10. Do you have freezing of gait when you turn, are in a hurry, or multitask?

Defined as: Do you experience episodes where you feel like your feet are stuck to the floor when trying to walk? You may also experience trembling of the feet followed by short small steps, or total immobility for a few moments?

Yes, greater than 30% of the time	2	
Yes, occasionally, less than 30%	1	
No	0	_____ Score

11. Can you follow instructions when there are multiple steps?

More than 2 steps: Example - Walk to your right, squat, and lift your weight.

2 step instructions: Example - Walk to your right, and squat

1 step instructions: Example - Walk to your right

Yes, more than 2 steps	0	
Yes, 2 step instructions	1	
Yes, 1 step instructions	2	_____ Score

12. Do you have difficulty with remembering things that have been told to you a few minutes ago?

Yes, I have difficult remembering	2	
No, I can remember	1	_____ Score

_____ **Total**

Interpreting Your Score

0 to 5 High Intensity

We recommend you use our high intensity exercise classes, which are designed to help you focus on good form and optimal effort. Our high intensity classes elicit vigorous, intentional, high-quality practice to help you maximize the benefits of your exercise.

6 to 15 Moderate Intensity

We recommend you use our moderate intensity exercise classes, which are designed to challenge the body at slightly faster paces. We include moderately paced exercise and recovery intervals, with slightly longer transitions, higher repetitions, and low-impact activities to promote better movement.

16 to 24 Low Intensity

We recommend you use our low intensity exercise classes, which are designed to help you get comfortable with your exercise while staying safe and supported. We focus on mindful, high-quality practice to help you get the most out of your workouts.

Classes Offered:

High Intensity Interval Training (HIIT)

Our HIIT classes are fast-paced, high-effort, transition quickly, and include ways to increase difficulty, ranging from adding attentional and cognitive elements to increasing the complexity of tasks.

High Intensity Boxing

Our High Intensity Boxing classes are non-contact, moderate-to-fast paced, and integrate punches, balance, strength, hand-eye coordination, and cognitive challenge to combat rigidity, imbalance, and slowness of movement.

High Intensity PWR!Moves

Our High Intensity PWR!Moves classes are designed to get you moving and using the PWR!Moves in a ton of positions! This class is fast-moving and focuses on high-effort movements, quick transitions, and increasing task complexity.

Moderate Intensity PWR! Circuit

Our PWR! Circuit classes include moderately paced exercise and recovery intervals, with slightly longer transitions, higher repetitions, and low-impact activities to promote better movement.

Low Intensity PWR!Moves

Our PWR!Moves classes are designed to get you moving safely and comfortably, making use of a slower, more rhythmical pace and focusing on deliberate repetitions and safe transitions for better quality movement.