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EDITORIAL COMMENT

A Tribute to Dr. Robert C. Goode

Robert Winston Mertens

Dr. Robert Goode, Bob Goode to all that knew him, spent a lifetime researching, teaching, and promoting health and exercise for the benefit of the general population whether with children, adults, the sick or the healthy. Bob Goode was a dedicated professional who lead by example. I know this from personal experience as I played squash with him once a week while I was a graduate student completing my Masters. Despite being 30 years younger than him, Bob often won our games. During my graduate work, I would also accompany him to workshops for Ontario school teachers where he would actually have all the teachers running up and down hallways until they could hear their breathing as part of the lecture on exercise prescription.

Exercise intensity is the most significant part of an exercise prescription and has always been the most difficult to prescribe. It affects directly the participant's motivation to perform exercise in the short term as well as in the long term. Exercise intensity is a key factor in producing the health benefits seen with physical activity. There are many complicated and expensive methods to determine intensity. Even trying to monitor intensity by pulse rate can lead to substantial errors in prescription.

The "Talk Test", as pioneered by Dr. Goode at the University of Toronto, is a simple and safe method that is accurate, consistent, and most importantly, individualized so that each

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Address correspondence to Robert Mertens (Email: rmertens@rogers.com).

participant will be performing at the level of intensity that is right for them.

Two of his greatest achievements were the "Talk Test" and the "Breath Sound Check", both developing them and promoting them. These methods are a major contribution to the body of knowledge in the exercise physiology domain and should be more widely disseminated. They are powerful tools for the public health domain in fighting the growing epidemic of physical inactivity and obesity.

Sadly Dr. Goode passed away in late February 2009, however, he was doing what he loved best - enjoying the great outdoors.

I am proud to have had Bob as a mentor and a friend. I am glad to see the recognition of his work for the benefit of all who seek to live active and healthy lifestyles.

Sincerely,

Robert Winston Mertens, M.Sc.