

# YOU CAN EXERCISE

## Advanced Guide



### GREAT REASONS TO EXERCISE

1. You will feel better and have **MORE** energy.
2. You can lower your risk for heart disease, stroke, diabetes, cancer, osteoporosis and lessen the discomfort from arthritis.
3. By getting stronger, your everyday activities will become easier to do.
4. You **MAY** be able to reduce some of the medications that you take.

### TIPS TO HELP YOU KEEP ACTIVE

1. **START today.** Don't wait until tomorrow.
2. **Keep a record or log of your activities on your calendar.**
3. **Find a friend or family member who is willing to walk with you.**
4. **Remember daily exercise walking is very important.**

Document created by:  
Nancy McDade, Ph.D., Exercise Physiologist  
Cardiac Rehabilitation Program  
Cardiology Department  
580 Court Street, Keene, New Hampshire  
603-354-6565

 Cheshire Medical Center  
Dartmouth-Hitchcock

12/5/2013

# Walking and Activity Guidelines

## READY TO START

1. Begin by trying to walk for 5 minutes three times a day, if you are able.
2. If you need to do, *walk-rest-walk-rest* intervals that is OK.
3. You can start by just walking around inside your house.
4. REPEAT this 5 minute walk, **three times**, EACH day.
5. Make sure that you time yourself by looking at a watch or a clock.
6. NEXT: Increase the time that you walk by ONE to TWO minutes every day.
7. When you are walking for 15 minutes **three times a day**, you can cut back to two walks a day for 20 minutes each.
8. Use common sense and don't exhaust yourself.



# SAMPLE WALKING PROGRAM

The suggested walking during the next 7 weeks should look something like this. Your GOAL is to strive for 30 to 45 minutes of walking daily. If this progression takes you longer than 7 weeks, that is fine. Just continue to progress and walk longer each week as you are able and are getting stronger.

Be sure to include a warm up and cool down walk at an easier pace, before and after each exercise (brisk) walk.

<u>Week</u>	<u>DAILY EXERCISE</u>	<u>Total Time</u>
#1	Three times a day 5 minutes each	15 minutes
#2	Three times a day 7 minutes each	21 minutes
#3	Three times a day 10 minutes each	30 minutes
#4	Three times a day 15 minutes each	45 minutes
#5	Two times a day 20 minutes each	40 minutes
#6	Twice a day 20 to 25 minutes each OR	40-50 min
#7	Once a day DAILY	30 to 45 minutes

