

# YOU CAN EXERCISE

## Easy Start 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

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# Walking and Activity Guidelines

## READY TO START

1. Begin by trying to walk for 3 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 3 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 10-12 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 10 weeks should look something like this. Your goal is to strive for at least 30 minutes of walking daily. If this progression takes you longer than the 10 weeks, that is fine. Just continue to progress and walk longer each week as you are able to and are getting stronger.

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

<u>Week</u>	<u>DAILY EXERCISE</u>	<u>Total Time</u>
#1	Three times a day 3 minutes each	9 minutes
#2	Three times a day 4 minutes each	12 minutes
#3	Three times a day 5 minutes each	15 minutes
#4	Three times a day 7 minutes each	21 minutes
#5	Twice a day 10 minutes each	20 minutes
#6	Twice a day 12 minutes each	24 minutes
#7	Twice a day 15 minutes each	30 minutes
#8	Twice a day 17 minutes each	34 minutes
#9	Twice a day 20 minutes	40 minutes
	OR	
#10	Once a day 30 to 40 minutes of Total time walking	