

## EXERCISE PROGRAM INSTRUCTIONS

### WALKING TIPS

- ♥ Dress comfortably and wear good walking shoes.
- ♥ Walk on level ground. When possible, avoid steep hills.
- ♥ Walk before meals or wait an hour after eating.
- ♥ In bad weather, use a treadmill or stationary bike, or try walking at the mall.
- ♥ Warm up and cool down – start out slowly and gradually stop.
- ♥ After your warm up walk briskly but not to the point that you cannot talk comfortably to a companion. Walk at a comfortable level.
- ♥ Your heart rate should increase about 30 beats per minute above your resting rate. (Some people may be taking medications that limit the increase in heart rate.) If your heart rate increases by more than 30 beats per minute then you should slow down.
- ♥ Listen to your body's warning symptoms. Let us know if you have any of the following problems during your walks.

Unusual shortness of breath

Extreme dizziness

Chest pressure or pain

Severe palpitations

### PROGRESSIVE WALKING PROGRAM

- ♥ Start out walking for 5 to 10 minutes. Every day add a couple of minutes to your routine until you walking 30 to 60 minutes at a time.
- ♥ Walk at least 4 times a week.