OHSU CARDIAC REHABILITATION SERVICES
Home Exercise Program

• Walking is one of the best forms of exercise after heart injury. Go at your own pace and rest when you need to.
• Remember to do your warm-up exercises 3-5 minutes before you walk, and cool-down exercises for 3-5 minutes after you walk.
• Avoid walking outdoors if it is colder than 40 degrees or warmer than 80 degrees.

WHAT
Walk

HOW OFTEN
Most days of the week (5-6 days)

HOW LONG
Begin with 3-4 walks per day for _____ minutes. Add 2-3 minutes each week. As you add time, the number of sessions can be decreased. (For example, when you complete 30 minutes, decrease the frequency to one session per day).

Your goal is to reach 30-45 minutes of continuous training.

HOW HARD
Use RPE (rating of perceived exertion) scale from mild-somewhat hard level (3-6 on 10 point scale)