

# 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)



KNIGHT  
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