

OHSU CARDIAC REHABILITATION SERVICES

Home Walking Program

- Walking is one of the best forms of exercise after heart surgery. Go at your own pace and rest when you need to.
- Remember to do your warm-up exercises for 3-5 minutes before you walk, and cool-down exercises for 3-5 minutes after you walk.
- Slowly build up to walking at least 30 minutes a day, five or more days a week.
- Avoid walking outdoors if it is colder than 40 degrees or warmer than 80 degrees.

SAMPLE WALKING PROGRAM

WEEK	1	2	3	4	5	6	7	8	9	10
Monitor Time	10 minutes	10 minutes	15 minutes	15 minutes	20 minutes	20 minutes	25 minutes	25 minutes	30 minutes	30 minutes
OR										
Monitor Distance	1/4 mile (4 blocks)	1/2 mile (8 blocks)	3/4 mile (12 blocks)	1 mile (16 blocks)	1 mile (16 blocks)	1 1/4 miles (20 blocks)	1 1/2 miles (24 blocks)	2 miles (32 blocks)	2 miles (32 blocks)	2 miles (32 blocks)

CUSTOM WALKING PROGRAM

WEEK	1	2	3	4	5	6	7	8	9	10
Monitor Time										
OR										
Monitor Distance										



**KNIGHT
CARDIOVASCULAR
INSTITUTE**

Oregon Health & Science University