



Graded Walking Program

Begin a daily walking routine.

Start with a slow walk, without carrying anything or walking dogs.

As you progress, you will increase your walking time and walking speed when able.

This guideline will help guide you in your walking program.

Week 1

Begin slow walk for about **3-5** minutes, once per day. Do this every other day of the week.

Week 2 and Beyond

Increase your walking time by **2-3** minutes per day as tolerated.

Goal = 30 Minutes Daily Walking

When you reach 30 minutes of walking each day, gradually increase your walking speed.

You may **substitute** 1-2 days of walking by spending the same time on the exercise bike.