

## Key Points to Remember about Walking

- Plan for at least 30 minutes of rest time before and after your walking exercise
- Walk at a brisk pace but make sure you can breathe easily and can talk with your partner
- Walking Intensity- start with an intensity of RPE 2-3 and gradually increase to 4-6 if you can tolerate without discomfort
- Duration- start with 5-10 minutes of walking a day, at least 4 days a week. After 2 weeks of practicing walking this way, increase your walking time by 5-10 minutes for the next 2 weeks
- Your goal is to eventually walk at least 30 minutes day for 5 days a week

RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	<b>Vigorous Activity</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>Moderate Activity</b> Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	<b>Light Activity</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	<b>Very Light Activity</b> Hardly any exertion, but more than sleeping, watching TV, etc

## Tips for Safe Walking

- Use your typical assistive device such as walker or cane when going for your walk
- Make sure you wear supportive shoes such as tennis shoes when you are walking
- If you have balance problems on a nice smooth surface, then continue to practice on a smooth one than taking chance on an uneven one
- As you get more confident and proficient with walking, you can include some variation in your walking to make it more enjoyable- use different walking paths, try walking on different terrain such as grass, gravel or cement