

## **CARDIAC REHABILITATION HOME WALK/BIKE PROGRAM**

### **Walking Time**

Start with 7 – 10 minutes, 2 – 3 times per day for your first 3 – 5 days at home. Increase to 10 – 15 minutes, 2 times per day for next 3 – 4 days. Continue to increase walking time by 5 minutes every 3 – 5 days toward a goal of 30 – 60 minutes daily. Most people are doing this by 2 – 3 weeks after discharge.

### **Walking Speed**

Walk at a comfortable, steady, non-stop pace; not a stroll but not a brisk walk either. For most people this is the equivalent of walking 1/4 mile in 6 – 8 minutes or 2 – 2.5 miles per hour. You may increase your speed as tolerated. You should be able to carry on a conversation comfortably while walking.

### **Walking Locations**

Walk on level ground for the first 2 weeks; either outdoors, inside around the rooms of your house, in a mall, or on a motorized treadmill.

### **Weather Guidelines**

Be careful with extremes in temperature. Avoid walking in hot, humid weather (above 80 degrees and/or with high humidity) by walking in the early morning or later evening. In cold weather, wear layers with fleece. Wear hat, mittens and a fleece neck gaiter that can be pulled over your nose and mouth. Exercise mid-day when it is warmer. If the temperature is below 20° with a significant wind, exercise indoors.

### **Stationary Biking**

Follow the guidelines as described above for walking. Adjust the seat height so your legs are straight with the pedals in the down position. Use slight resistance/tension initially, and increase as tolerated.

### **REMEMBER**

Stop exercising and rest if you have any of the following symptoms:

- Chest discomfort (pain, burning, pressure, heaviness)
- Unusual shortness of breath or indigestion
- Pain or tightness in upper back, neck, jaw, down into arms

**If these symptoms persist after 2 – 3 minutes, use your nitroglycerine as directed.**