

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.