

Your Walking or Biking Program

Rating of Perceived Exertion (RPE)

Use the rating of perceived exertion to help you determine your exercise/activity level. Ask yourself “How hard am I working?” when using the rating. Try to assess your overall feeling of exertion.

How hard you feel you're working	Rating of Perceived Exertion (RPE)
Like lying in bed — no effort.	very, very light very light
Your target range. You are working but can comfortably have a conversation.	fairly light somewhat hard
The hardest work you have ever done.	hard very hard very, very hard

Signs You Are Doing Too Much

As you exercise you should be aware of your body's response. Signs you are doing too much include:

- dizziness or lightheadedness
- nausea (upset stomach) and vomiting (throwing up)
- cold sweat
- shortness of breath, making conversation is difficult
- exhaustion or unusual fatigue (tiredness)

- feeling as if your heart is suddenly racing or pounding
- any chest pain or pressure in your teeth, arm, jaw, ear, neck, or between your shoulder blades.

Stop and rest if you feel any of these symptoms. Call your doctor if they continue to limit your activity or exercise. If the symptoms do not go away with rest, follow your nitroglycerin guidelines and/or call your doctor.

If your symptoms continue, call 911 or your emergency ambulance service. If you are out of an emergency service area, have someone drive you to the hospital emergency room. Do not drive yourself.

Exercise Progression

Try to add at least 1 to 3 minutes of exercise every day as tolerated. Keep your RPE “somewhat hard” or easier. Your long-term goal is to work toward a minimum of 30 minutes of nonstop aerobic exercise, most, if not all, days of the week.

If You Choose to Bike

If you had an angiogram, angioplasty, stent or atherectomy: do not use a bike for at least 48 hours. Start with little or no resistance. If you had open heart surgery and have a chest incision: do not use a bike with arm movements until your doctor says it's OK.

Your Short-term Goal

See the other side of this fact sheet for your short-term goal.

(over)

Begin walking 1 to 5 minutes 5 times each day

	Date	Date	Date
Time/Distance			
Time/Distance			
Time/Distance			
Time/Distance			
Time/Distance			
Comments (such as, felt fairly light, a little sore, etc.)			

As you progress to 6 to 10 minutes, walk at least 3 times each day

	Date	Date	Date
Time/Distance			
Time/Distance			
Time/Distance			
Comments			

As you progress to 11 to 19 minutes, walk at least 1 to 2 times each day

	Date	Date	Date
Time/Distance			
Time/Distance			
Comments			

As you progress up to 30 minutes, most, if not all, days of the week

At this point, add a warm-up and cool-down. Warming up allows your body to increase respiration, circulation and body temperature. The cool-down lets your body adjust gradually to the decreased demands as it returns to a resting state. For both warm-up and cool-down, do 3 to 5 minutes of slower-paced walking or biking with no resistance.

	Date	Date	Date
Time/Distance			
Comments			