

# Your Walking Program

## Walking Program

Exercise is an important part of recovery. It can help you get stronger and reduce pain and fatigue (tiredness).

Walking is a great way to start exercising. You can use a pedometer to track your steps or time your walking if you do not have a pedometer. There are about 2,000 steps in 1 mile.

You and your therapist will work together to decide what goal is right for you. A good starting goal is to increase the total number of steps you take by 10 percent each week. Use the chart on the back side of this fact sheet to track your steps.

## Ways to Increase Your Steps

- Make a walking date with your spouse or partner, child, or friend instead of talking on the phone or sitting on the couch.
- Use stairs instead of the escalator or elevator.
- Park at the far end of the parking lot.
- Instead of emailing your co-worker, walk down to his or her desk.
- Walk around the house while talking on the phone.
- Take the dog on a longer walk.

## Signs You Are Doing Too Much

As you exercise you should be aware of how you feel. Stop and rest if you have any of the following symptoms:

- dizziness or lightheadedness
- nausea (upset stomach) and vomiting (throwing up)

- cold sweat
- shortness of breath
- having a conversation is hard
- exhaustion or unusual fatigue.

## 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.

### Borg RPE Scale®

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Borg-RPE-skalan®  
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The scale with correct instructions can be obtained from Borg Perception, see the home page: [www.borgperception.se/index.html](http://www.borgperception.se/index.html).

**(over)**

Week	Time/ Steps	RPE	M	T	W	Th	F	S	S	Total Time/ Steps	Comments
Week 1											
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
Week 7											
Week 8											
Week 9											
Week 10											