



How much walking can I do?

Walking is the best exercise in the first few weeks after your heart surgery. Listen to your body and do what you feel comfortable doing. Some individuals can do more or less than others.

Walking can boost your sense of well being by decreasing stress and any feelings of anger or depression. Walking can also help you sleep better, improve your circulation and increase the strength of your heart and other muscles.

In good weather, walk outdoors. If it is too cold or wet to walk outdoors, walk in the house or go to a nearby mall. If you live in a high-rise building you can walk in the hallway. You can also use a stationary bike at low resistance or a treadmill set flat (no angle), at low speed.

Walking for Recovery: What to do:

<p><u>Week 1-2 at home:</u></p>	<p>Start with very short walks: Five to ten minutes long Four or more times a day at a leisurely pace. If necessary, walk with a companion until you feel confident to walk on your own.</p> <p>Each day: Add a minute to your walking time. This is a good method to help you increase your activity and improve your tolerance.</p> <p>As your tolerance improves: Try walking more for longer periods of time and walk more frequently. As you get stronger aim for a total exercise time of 30-45 min over the day.</p>
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<p><u>Week 3 onwards:</u></p>	<p style="text-align: center;">Begin to work towards:</p> <p>Longer walks and brisker walks (15 minutes or more) Increase your walking time and/or distance while decreasing the number of walks to maintain your target exercise time.</p> <p style="text-align: center;">The aim:</p> <p>Is to walk briskly enough to raise your heart rate by 20 beats/minute or less.</p> <p>Click <u>here</u> to learn how to check your heart rate. </p>
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You can use your walking to figure out what other activities you can do safely after heart surgery. Click [here](#) to see the types of activities you can do after heart surgery.