

# Health Facts for You

## Walking Program

Use this handout as a guideline once you are home after surgery.

### Day 1

- Walk the length of the hallway 3 or 4 times a day.
- You could also walk to the end of the driveway and back, once in the morning and again in the evening.

### Day 2

- Walk 1/2 a block or the equal distance of 1/2 a block **indoors**, in the morning.
- Walk 1/2 a block or the equal distance of 1/2 a block **indoors**, in the evening.

### Day 3

- Walk 1 block in the morning.
- Walk 1 block in the evening.

### Day 4

- Walk 2 blocks in the morning.
- Walk 2 blocks in the evening.

### Day 5

- Walk 3 blocks in the morning.
- Walk 3 blocks in the evening.

Continue to increase the distance you walk as you are able. Let your comfort be your guide to how much you can do. Your goal should be to walk one mile by 6 weeks after surgery.