2 – 4 – 6 - 8 WALKING PROGRAM

This incremental walking program is designed to gradually return you to normal walking activities. Walks are to be completed 6 days a week. For example, if you begin walking on Monday, the following Sunday would be your day of rest (“holiday”). Each week, 2 minutes are added to the total walk time.

**WEEK 1:** Walk 2 minutes every day.

**WEEK 2:** Walk 4 minutes every day.

**WEEK 3:** Walk 6 minutes every day.

**WEEK 4:** Walk 8 minutes every day.

**WEEK 5 and BEYOND:** Continue increasing 2 minutes per week, 6 days a week until you reach your final desired distance.

If at any time during your program you experience pain, **STOP**. Ice the injured body part for at least 20 minutes. Do not continue with the program for 1 week. After the week of rest, continue with the last exercise time in which the entire week was completed without pain. If pain persists or recurs, contact Dr. Gardner’s office.

**REMEMBER TO:**

1. Always stretch prior to walking.
2. ICE for 20-30 minutes following exercise.