

Peripheral Artery Disease (PAD)

Walking Program and Progress Log

Starting a walking program will not only help you improve your PAD symptoms, but also improve your overall cardiovascular health.

Follow these important guidelines when starting your program:

- Warm-up for five minutes before exercising by walking at a slower pace, just below the speed of walking that causes leg pain.
- If you experience chest pain, shortness of breath, palpitations or irregular heartbeats, and/or dizziness, stop exercising and call your physician immediately.
- Walk as long as you can with the pain to maximize results.
- Cool down after exercise by walking slowly for five minutes. You may still have some leg pain during the cool down, but it should be less than what you felt with the exercise.

Within a month, you should notice improvements in the amount of time or the distance you are able to walk before experiencing leg pain. In three to six months, you should notice maximum improvement in your symptoms.

Walking Program Recommendations

Frequency - You should walk three to five times per week.

Intensity - Intensity means how hard you are exercising. You should walk as much as you can even though you experience leg pain when walking.

Type - A walking program is most beneficial for people with PAD. However, you will also receive cardiovascular benefits (such as reducing blood pressure, cholesterol and assist with current diabetes control).

Duration - You should walk for a total of 30 minutes and progress to 60 minutes. Walk as long as you can until you reach moderate pain. When you experience pain that reaches mild pain or moderate pain, stop and rest until the pain subsides, then continue walking. Ideally, your exercise intervals should be at least five minutes long. You may need to walk at a slower pace to reach at least five minutes of walking without stopping to rest.

Walking Tips

- Take a “walk break” instead of a “coffee break.” Get up every hour and take a 5-minute walk.
- Don't try to get the closest parking spot; park further away and add more steps to your day.
- Take the stairs instead of the elevator.
- Walk over your lunch break.
- Take a daily walk with your spouse, child, friend or dog.

Keep track of your walking using the progress log on the reverse side.



PAD Program Specialists

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For questions or to schedule an appointment with one of physicians above, please contact PAD Program Coordinator Tina Mason, R.N. at **(989) 839-3494**.



MidMichigan Health

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Progress Log to Keep Track of Your Walking

Starting Point - where I'm at today:

- Blocks or miles per walk _____
- Minutes before stopping due to leg pain or cramp _____
- Number of times I stop to rest per block or mile _____

Goal - where I want to be:

- Blocks or miles per walk _____
- Minutes before stopping due to leg pain or cramp _____
- Number of times I stop to rest per block or mile _____

Week _____	Walk #1	Walk #2	Walk #3	Walk #4
Date				
Start Time				
End Time				
Total Time				
Number of stops to rest				
Blocks or miles walked				
Comments, thoughts or problems:				
Walk 1:				
Walk 2:				
Walk 3:				
Walk 4:				