

Aerobic Activity



Aerobic activity improves your energy level, increases your ability to do your own personal care activities, and allows you to walk to where you want to go without getting short of breath. When you do aerobic activity, your heart rate increases and your breathing gets faster – but it gets easier if you keep at it!

What?

Walking, going up stairs, doing laundry, vacuuming, dusting...



How often?

Daily

S	M	T	W	T	F	S
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X

How hard?

Start at a comfortable pace.



How much?

Start with 1 minute. Increase to 2. Gradually build up to 30 minutes over the day.



Remember: Bathing, dressing and walking to the bathroom or to get your meals, the mail, the laundry or a coffee, are all important basic ways to be physically active. Short minutes of activity add up throughout the day. For example, if you enjoy walking, you could go for three 10-minute walks each day.

To stay safe and injury free:

- Be as active as your abilities allow....do for yourself rather than having others do it for you!
- Start slowly with light to medium effort.
- Gradually increase the intensity of your activity, such as standing for longer periods of time, walking up a hill or climbing stairs (instead of only on a flat surface).
- If you're in a wheelchair, propel using your arms rather than being pushed. It's a great way to increase your activity and independence.
- If you need a walker to feel safe on your feet, use it and stay tall! Balance exercises can also help you be more stable.