

**Parkwood Institute
Acquired Brain Injury
Outpatient Program
Tip sheet**



Walking program

Having a planned walking program can improve your energy level and your tolerance of exercise.

To start:

1. Find a quiet place with a level surface. This could be in your home or outside. If you are walking outside try not to walk on a busy road.
2. Monitor your heart rate or use the Borg Scale to help measure how hard you are working. This will help you to decide when to stop.
3. Use a timer. Time the length of your walk. Start with 10 minutes. If you feel symptoms of your concussion such as a headache, dizziness, nausea or tiredness before 10 minutes is up, take a break.
4. Record the length of your walk and how you felt during and after. Make sure to write down any symptoms. If symptoms increase after your walk, that's OK. If your symptoms are worse longer than an hour after your walk plan a shorter walk next time.
5. Plan for a break after your walk.

Remember to:

- make sure someone knows when to expect you back
- walk for one to three minutes longer each week if you can

Walk as often as you feel you can. Consistency is important. Listen to your body. Don't push yourself too hard but try to consistently participate in activity.