

Move

Research has shown that people who are stronger before surgery, do better. Even simply walking can increase strength and endurance.

TO DO:

Track your physical activity and share your progress with us.

- Record your number of minutes of physical activity.
- *Or*, record your daily steps if you have a smartphone, pedometer, or wearable device.
- Record this on the *Activity Log* that is provided.
- **Report your activity to MSHOP now through 2 weeks after your surgery.**
 - See *Reporting My Activity* located in the folder pocket for details on selecting your preferred reporting method.

How much activity should I do?

- Check with your healthcare provider before beginning an exercise program. Follow any exercise restrictions provided.
- If you are new to exercise, start slow with 5 - 10 minutes at a time.
- Work up to a minimum of 30 minutes per day, most days of the week. This can be divided up into shorter sessions at different times during the day.
- After surgery, follow all activity and lifting restrictions provided by your healthcare team. Move often for short periods of time. Begin slowly, working up to, or beyond, the level of activity you were at before surgery.

What does a good physical activity program include?

A good program includes activities you enjoy and activities that work with your schedule. Joining in a group activity can be very motivating. You are more likely to exercise if you know others are relying on you to join them. Your community may provide free or low-cost programs.



Warm up: Walk, or perform your activity slowly for the first few minutes. This will help your heart, lungs, muscles and joints get ready for exercise.

Peak activity: Move a little more quickly. Listen to your body! If you become short of breath, slow down or stop. You should be able to carry on a conversation.

Cool down: Slow down again for a few minutes, until your breathing returns to normal. Your body needs this time to cool down so you do not become stiff and sore.



What activities do I enjoy?

How can I make time for physical activity in my schedule?

Who can support me in moving more? How?

If you can't exercise at a moderate pace continuously, try interval training. For example, walk at a comfortable pace for 3 minutes, then increase your speed or elevation for 1 minute, then return back to the original pace for 3 minutes. Repeat as tolerated.