


Exercise Do's and Don'ts

| DO | DON'T |
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| <ul style="list-style-type: none">•Do build a program that includes three different kinds of exercise: flexibility, strengthening, and cardiovascular.•Do walk when you have the least pain and stiffness•Do walk when your medication (if you are taking any) is having its greatest effect•Do always include a warm-up and a cool-down whenever you walk•Do walk when you are are not tired•Do start at your own ability level, move slowly and gently, and progress gradually•Do avoid becoming chilled or overheated when walking•Do use heat, cold, and other strategies to minimize pain•Do use aids, like walking sticks or canes, if they help•Do expect that walking may cause some discomfort | <ul style="list-style-type: none">•Don't walk so fast or far that you have more pain two hours after you finish than before you started•Don't do too much, too soon. Start slowly and gradually•Don't hold your breath when doing any exercise. Remember, keep breathing•Don't take extra medicine before walking to relieve or prevent joint or muscle pain unless prescribed by your health care provider  |