

THOMAS J. PARR, M.D., F.A.C.S. - Orthopedic Surgeon

14090 Southwest Fwy, #130, Sugar Land, TX 77478 Phone: (281) 491-7111

www.tomparrmd.net

For Patients who have done little or no conditioning/exercise for the past year and who are at least 40 pounds overweight.

First, check with your primary care physician to make sure you are healthy enough to start on an exercise program.

Second, get a brand name shoe specifically designed for walking....not flip-flops, sandals, dress shoes, or competitive racing shoes. They should feel comfortable in the store. Don't make the mistake of thinking they will be OK after you "break them in." (And remember that walking shoes will wear out with use, so replace them when the tread starts to show wear.)

If your goal is to improve conditioning, walk at a comfortable pace three days each week.

If your goal is also to lose weight, ADD swimming, biking, or using an elliptical trainer for 30 minutes on your non-walking days. OK to start with two 15-minute sessions or three 10-minute sessions. If that is too much at first, do what you can do comfortably, slowly increasing your time.

If you have arthritis of your back, hips, or knees, you can do your walking in a pool. Even if you can't swim, you can put on a life vest and stay in the shallow end.

For the first eight weeks:

Walk 20 minutes every other day in a comfortable environment - such as your neighborhood, nearby park, indoor mall, or public track. A treadmill is also fine. Whenever the weather is too bad for outdoor walking (too hot, too cold, too wet or too stormy), go to a convenient mall or local "super store" to walk.

If you miss a day, just substitute for another day as fits your schedule.

WEEK ONE:

<input type="checkbox"/>	MONDAY	Walk 20 min
<input type="checkbox"/>	TUESDAY	Rest
<input type="checkbox"/>	WEDNESDAY	Walk 20 min
<input type="checkbox"/>	THURSDAY	Rest
<input type="checkbox"/>	FRIDAY	Walk 20 min
<input type="checkbox"/>	SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	SUNDAY	Rest

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WEEK TWO:

- MONDAY Walk 20 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 20 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 20 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

WEEK THREE:

- MONDAY Walk 20 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 20 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 20 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

WEEK FOUR:

- MONDAY Walk 20 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 20 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 20 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

WEEK FIVE:

- MONDAY Walk 20 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 20 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 20 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

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WEEK SIX:

<input type="checkbox"/>	MONDAY	Walk 20 min
<input type="checkbox"/>	TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	WEDNESDAY	Walk 20 min
<input type="checkbox"/>	THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	FRIDAY	Walk 20 min
<input type="checkbox"/>	SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	SUNDAY	Rest

WEEK SEVEN:

<input type="checkbox"/>	MONDAY	Walk 20 min
<input type="checkbox"/>	TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	WEDNESDAY	Walk 20 min
<input type="checkbox"/>	THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	FRIDAY	Walk 20 min
<input type="checkbox"/>	SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	SUNDAY	Rest

WEEK EIGHT:

<input type="checkbox"/>	MONDAY	Walk 20 min
<input type="checkbox"/>	TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	WEDNESDAY	Walk 20 min
<input type="checkbox"/>	THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	FRIDAY	Walk 20 min
<input type="checkbox"/>	SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	SUNDAY	Rest

Increase waking to 30 minutes a day for three days a week.

WEEK NINE:

<input type="checkbox"/>	MONDAY	Walk 30 min
<input type="checkbox"/>	TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	WEDNESDAY	Walk 30 min
<input type="checkbox"/>	THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	FRIDAY	Walk 30 min
<input type="checkbox"/>	SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/>	SUNDAY	Rest

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WEEK TEN:

<input type="checkbox"/> MONDAY	Walk 30 min
<input type="checkbox"/> TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> WEDNESDAY	Walk 30 min
<input type="checkbox"/> THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> FRIDAY	Walk 30 min
<input type="checkbox"/> SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> SUNDAY	Rest

WEEK ELEVEN:

<input type="checkbox"/> MONDAY	Walk 30 min
<input type="checkbox"/> TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> WEDNESDAY	Walk 30 min
<input type="checkbox"/> THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> FRIDAY	Walk 30 min
<input type="checkbox"/> SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> SUNDAY	Rest

WEEK TWELVE:

<input type="checkbox"/> MONDAY	Walk 30 min
<input type="checkbox"/> TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> WEDNESDAY	Walk 30 min
<input type="checkbox"/> THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> FRIDAY	Walk 30 min
<input type="checkbox"/> SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> SUNDAY	Rest

WEEK THIRTEEN:

<input type="checkbox"/> MONDAY	Walk 30 min
<input type="checkbox"/> TUESDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> WEDNESDAY	Walk 30 min
<input type="checkbox"/> THURSDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> FRIDAY	Walk 30 min
<input type="checkbox"/> SATURDAY	Swim/Elliptical trainer/Bike 30 min (optional)
<input type="checkbox"/> SUNDAY	Rest

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WEEK FOURTEEN:

- MONDAY Walk 30 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 30 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 30 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

WEEK FIFTEEN:

- MONDAY Walk 30 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 30 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 30 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

WEEK SIXTEEN:

- MONDAY Walk 30 min
- TUESDAY Swim/Elliptical trainer/Bike 30 min (optional)
- WEDNESDAY Walk 30 min
- THURSDAY Swim/Elliptical trainer/Bike 30 min (optional)
- FRIDAY Walk 30 min
- SATURDAY Swim/Elliptical trainer/Bike 30 min (optional)
- SUNDAY Rest

Starting with WEEK SEVENTEEN, replace one day's activity each week with a 1-hour walk (your choice of activity).

DON'T QUIT. DON'T EVER QUIT.