



MOVE

Research has shown that people who are stronger before surgery do better. Exercising before surgery can make you stronger. Having a healthy heart and lungs will help you during your surgery. It will also make it easier for you to recover after your surgery. Even walking can help with strength and endurance.

BOOST YOUR ACTIVITY

Step 1: Your SPAR coordinator will work with you to set activity goals.

- Choose an activity goal that you can achieve. Getting regular exercise will help you get stronger. If you are new to exercise, start slow and listen to your body. You can work your way up to doing more exercise.
- The Centers for Disease Control and Prevention (CDC) Physical Activity Guidelines recommend about 40 minutes of physical activity every day.
- Our goal for most patients is to walk at least 6,000 steps (or about 2 miles) every day.
- Be sure to follow all activity and lifting restrictions provided by your surgical team and physical therapist.



Step 2: Set up your Fitbit.

- Your team will give you a Fitbit to help you track and achieve your physical activity goals. The team will help you set up the Fitbit and answer any questions you have.
- The Fitbit will track your active minutes, steps taken, and let you know when you have achieved your daily goal.
- Be sure to wear your Fitbit as much as possible. This will give your doctor the best information about your physical activity.



NOTES



YOUR PHYSICAL ACTIVITY PROGRAM

A good program includes activities that you enjoy and that work with your schedule. When it is safe to do so, joining a group activity can be good motivation. Sharing your activity goal with a friend or family member can motivate you to get exercise every day.



What are three activities you plan to do that will help you meet your walking goals?



Who can support me? How?



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



How to exercise safely and effectively:

- **Warm up:** Walk or perform other 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 take a break.
- **Cool down:** Slow down again for a few minutes, until your breathing returns to normal.
- If you can't exercise at a moderate pace for a long time, try interval training. For example, walk at a comfortable pace for 3 minutes, then increase your speed or incline for 1 minute, then go back to the comfortable pace for 3 minutes. Repeat as tolerated.

NOTES
