

# WALKING

Ask at the clinic if your medicines should be used before you go for a walk.




Walk for ..... minutes  
Walk ..... days a week



Have a drink of water before and after your walk.

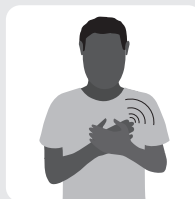
How short wind are you?

When you walk, your breathing should feel like this

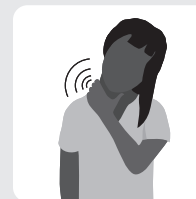
|                        |  |
|------------------------|--|
| Nothing or very little |   |
| A little bit hard      |   |
| Very short wind        |  |



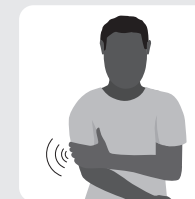
Stop walking if you feel pain or pressure in your chest, arm or jaw



Chest pain



Neck pain



Arm pain