

## ***Beginner Walking Program***

Try to choose a route that is close to home, relatively flat, and has plenty of places to rest along the way. For example, a local park or a shopping mall.

*Warm up by walking slowly for 5 minutes.*

**Week 1:** Walk for 5 minutes at a comfortable pace, 3-4 times per day.

**Week 2:** Walk for 10 minutes, 3-4 times per day

**Week 3:** Walk for 20 minutes, 3 times per day

**Week 4:** Walk for 30 minutes, 2 times per day.

**Week 5:** Walk for 40 minutes, once daily

*Cool down by walking slowly for 5 minutes.*

*Your goal is to walk for 30 to 45 minutes, 5 to 7 days per week.*

## ***What is a pulmonary embolism (PE)?***

A PE is a blood clot that is located in your lungs. It usually occurs when a blood clot that forms in the deep veins of your leg becomes dislodged and travels to your lungs.

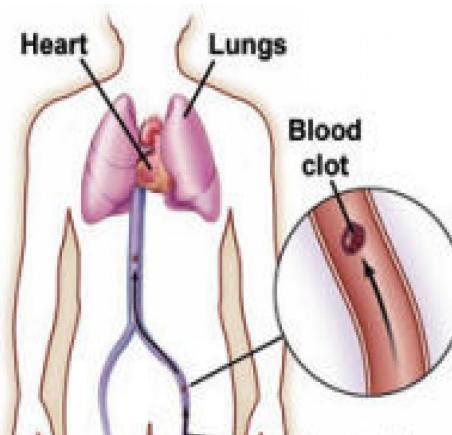


Diagram courtesy of [www.AVsurgery.com](http://www.AVsurgery.com)

### ***Common Signs and Symptoms:***

You may feel short of breath with activity, feel chest pain with activity, and/or become easily fatigued.

These symptoms should improve over time. Walking and exercise are safe to do, but listen to your body to avoid overexertion. Consult with your healthcare provider before starting any exercise program.

## ***PE: Guidelines for Activity and Exercise***



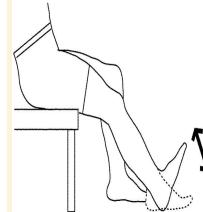
**[www.NATFonline.org](http://www.NATFonline.org)**

*A resource for patients developed by the North American Thrombosis Forum.*

**Strength Training with or without Lifting Weights** It is safe to return to your routine if you already have an exercise program. If you want to begin weight training, and have never lifted weights before, it is recommended that you seek professional advice. Ask your primary care physician for a referral to a professional who can create an individualized strength training program for you.

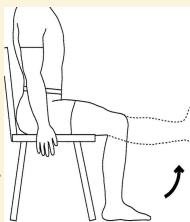
**Preventing another PE** If you were prescribed medication to treat your PE, such as an anticoagulant, please be sure to take your medication as directed.

There are many reasons why someone might develop a PE. One of those risk factors is long periods of decreased activity such as sitting on a plane or in a car for several hours. While there is a very low overall risk of developing a PE due to long periods of sitting, periodic movement may help prevent another PE. For any trip longer than 4 hours, if you are safely able to do so, get up from the seat and walk for five minutes every hour or two. In addition, perform the exercises on the next page in your seat every hour.



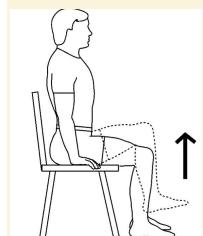
### Ankle Pumps

Sitting in chair, move feet up and down as in picture (30 repetitions/hour)



### Knee Extension

Straighten one knee, then slowly lower foot to floor, bending knee. Repeat on opposite leg. (30 repetitions/hour)



### Seated Marching

Sitting in a chair, slowly lift knee up as much as possible in a marching movement, then slowly lower. Alternate legs. (30 repetitions/hour)

You may have a higher risk of developing another PE if:

- the cause of your first clot is unknown
- the cause of your first clot was related to ongoing conditions such as cancer or inflammatory bowel disease
- you are scheduled to have surgery soon

For the above conditions, please consult your physician for more specific recommendations regarding preventing another PE.

## About NATF

The North American Thrombosis Forum (NATF) is a non-profit organization dedicated to improving patient care and public health by promoting awareness of deep vein thrombosis (DVT), pulmonary embolism (PE), atrial fibrillation (AF), myocardial infarction (MI), and stroke.

Whether you're a patient, caregiver, or healthcare professional, NATF's highly acclaimed educational forums and patient resources will keep you on the leading edge of thrombosis diagnosis, treatment, and prevention.

## Resources Available

- Live educational programs for healthcare providers and patients
- Live and online support groups for patients
- Comprehensive and up-to-date website, [www.NATFonline.org](http://www.NATFonline.org)
- Printed materials, including literature for patients and educational resources for healthcare providers



(617) 730-4120  
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