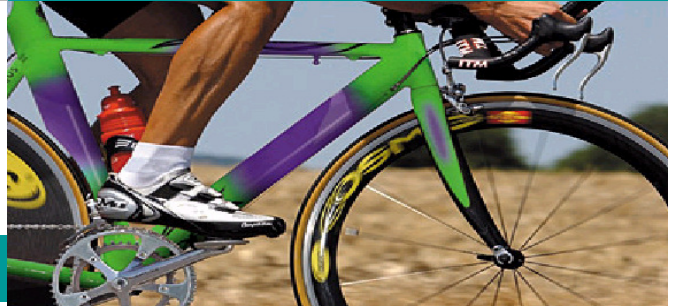


ADVICE SHEET

Patient advice from Healthcare RM

Pacing-Up Chart



Building up activity in small equal steps

Example

Activity.	Planned amount.	Actual amount.				
Walking.	11 mins.					
	10 mins.	11 mins.	12 mins.	13 mins.	14 mins.	
Cycling.	15 mins.					
	20 mins.	22 mins.	24 mins.	26 mins.	28 mins.	
Garden.	68 mins.					
	60 mins.	61 mins.	62 mins.	63 mins.	64 mins.	
Sitting.	55 mins.					
	60 mins.	62 mins.	64 mins.	66 mins.	68 mins.	
Bending.	18 reps.					
	20 reps.	21 reps.	22 reps.	23 reps.	24 reps.	

Contact Details

T: 0871 200 5060
E: info@healthcare-rm.com
W: www.healthcare-rm.com

Opening Times

Monday-Friday
8.00 am - 6.00 pm