

SCARSTORIES · A LITTLE COMPANY ON THE WAY

A walking program that fits week one

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Walking program for early recovery, if anyone wants a simple structure:

Week 1-2: 10 minutes flat, twice a day. Week 3-4: 15-20 minutes. Week 5-6: 25-30 minutes, add a gentle hill if you feel good. Always warm up for 5 minutes at strolling pace. Stop for dizziness, chest pressure or unusual breathlessness — those are not 'push through it' symptoms.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.