

## Walking Program for Seniors

Include the following variables in an exercise prescription for a walking program:

Time

Distance

Speed

Location

Intensity (can use HR method, RPE scales, talk test)

Barriers to a walking program:

1. Fear: could be fear of crime, traffic, falling
2. Lack of places to sit and rest if needed
3. Community environment barriers: uneven pavement, fast signals, lack of signals, no cut outs on curbs
4. Caregiver roles – need to care for spouse or loved one and unable to leave the home

Ideas for success:

1. Include socialization – group walks, walk with a friend, walking club
2. Walk to be productive – walk to the store, church, visit a friend
3. Focus on activity instead of exercise