

Where can I Carry out my Aerobic Exercise?

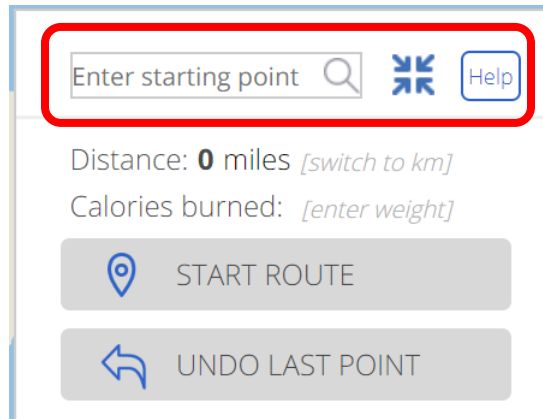
If you have been prescribed a walking and/or jogging program, there is a certain distance or amount of time that your rehab supervisor has advised you to walk. Therefore, you may want to measure out your walking route as described below to track your progress.

If you have been prescribed exercise on stationary home equipment like a treadmill or cycle, then please refer to our guidelines for using stationary equipment.

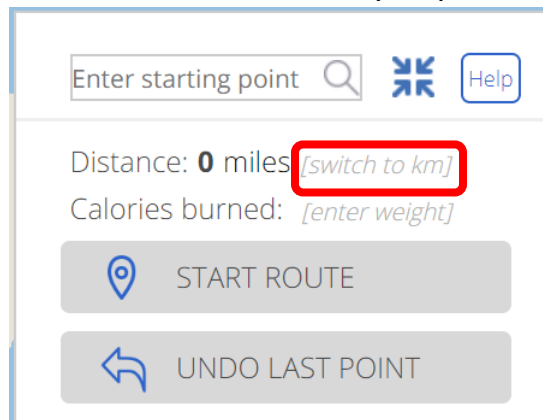
Malls	Some malls offer organized walking programs and others open early so you can walk. Call your local mall to see what is available.
Outside	For outdoor walking you may want to map out a route if you have been prescribed a distance by your rehab supervisor. If you have a computer you can use the website Miler Meter to plan out a walk route (see below for instructions).
Hallways	While walking outside can be enjoyable, if you have barriers that prevent you from getting outside easily, such as a long flight of stairs or you do not feel confident walking outside, then consider walking indoors. For example, if you have a long hallway at home, then walk at the speed that you feel is similar to the speed you walk when you are on the rehab center’s track or that you have determined using our guide How to Determine a Safe and Effective Aerobic Intensity . Use a stopwatch to time the walking duration prescribed to you.

Miler Meter Route Mapping Instructions

1. Go to: <https://www.gmap-pedometer.com/>
2. Enter the starting address in the search bar



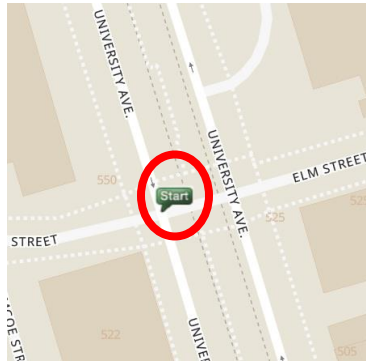
3. The map will jump to the starting location
4. **Click** "switch to km" under the search bar if you prefer metric measures.



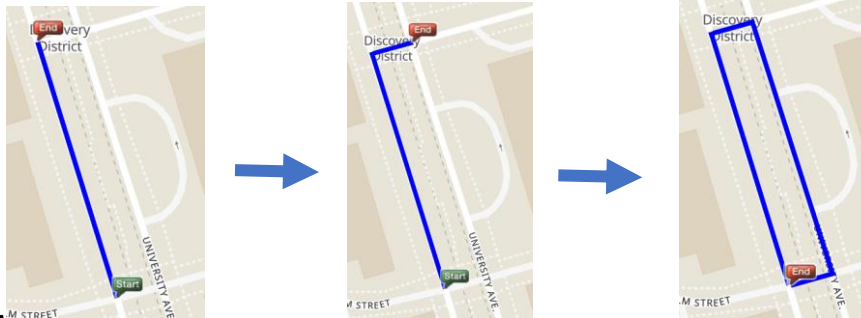
5. **Click** 

6. The  button will change to 


- On the map **Double Right Click** on the start location on the map; a  symbol will appear



- Double Right Click along your chosen route



***Tip #1:** Check the distance as you create your route to make sure you are going to meet your assigned distance*


***Tip #2:** If you **Click** the wrong place or change your mind about your route use the  button to remove points from your route*


- Once you have finished mapping out your route check that the distance meets what your rehab supervisor prescribed.



(e.g: Distance: **0.3361** km)

10. If your route is the correct distance continue to **STEP 11**, if your route was too long or too short **Click**  to remove some points and adjust your route

11. Name your route by Clicking on


12. **Click** 

13. You will be prompted to  OR 

- a. If you want to access your route on Miler Meter app for iPhone choose  and set up your account as prompted
- b. If you would like to print a copy of your route you can choose  to skip the account set up

14. (Printing) **Click**  Print map

(App) Open app and access your route from there

15. (Printing) A new window will open and you can print your map by **Clicking** 

Remember to Wash your Hands after Returning Home from Exercise

Click on this link to below for the Heart and Stroke Foundation youtube video on handwashing technique for people with a weak/flaccid arm.



Handwashing Technique for People with Stroke and a Weak/Flaccid Arm

Handwashing Technique for People with Stroke and a Weak/Flaccid Arm - YouTube

Handwashing Technique for People with Stroke and a Weak/Flaccid Arm April 4, 2020 In this time of Heightened attention to careful handwashing, people who have had a stroke and have a weak or ...

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