

Indoor walking: three simple choices

Low foot lift. Small steps. A clear, stable floor.

Easy march



Alternate feet gently.
No high knees needed.

Side step



Step sideways, then return.
Keep feet uncrossed.

Short walk



Use a clear route.
Turn with small steps.

Choose the easiest option. Replace any uncertain step with a gentle march.

Schematic movement choices, not individualized exercise or rehabilitation advice.

Choose your walking session

An easy start, a comfortable middle, and time to slow down.

5 MINUTES

1 min easy start

3 min middle block

1 min slow finish

Repeat block 1 time

10 MINUTES

2 min easy start

6 min middle block

2 min slow finish

Repeat block 2 times

20 MINUTES

3 min easy start

15 min middle block

2 min slow finish

Repeat block 5 times

Middle block: 1 min march + 1 min side steps + 1 min walk or march

Pause, shorten or substitute movements as needed. Timings are suggestions.

A gentle session is not automatically moderate-intensity exercise.

One-week activity log

Date | Minutes | Movement choices | Effort / how I felt | Next adjustment

Time is not a step or calorie estimate. Easy movement still has a place in the day.

Stop for pain, dizziness or unusual breathlessness; seek urgent help for chest pain/fainting.