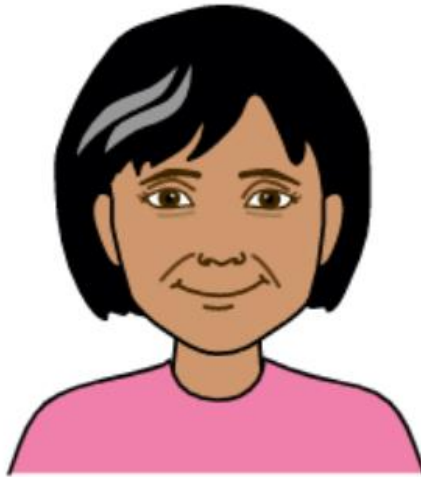
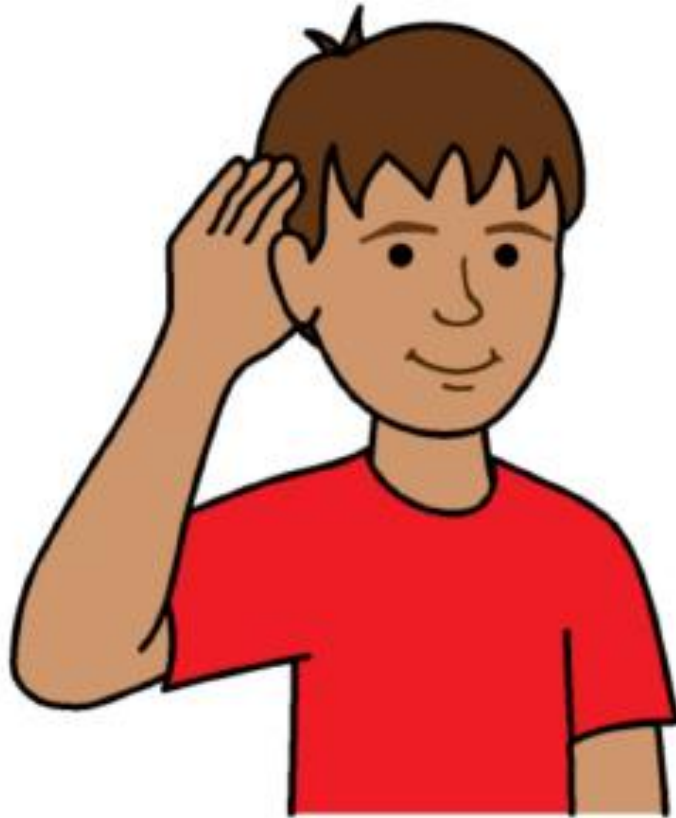


The physio 6-minute walk activity

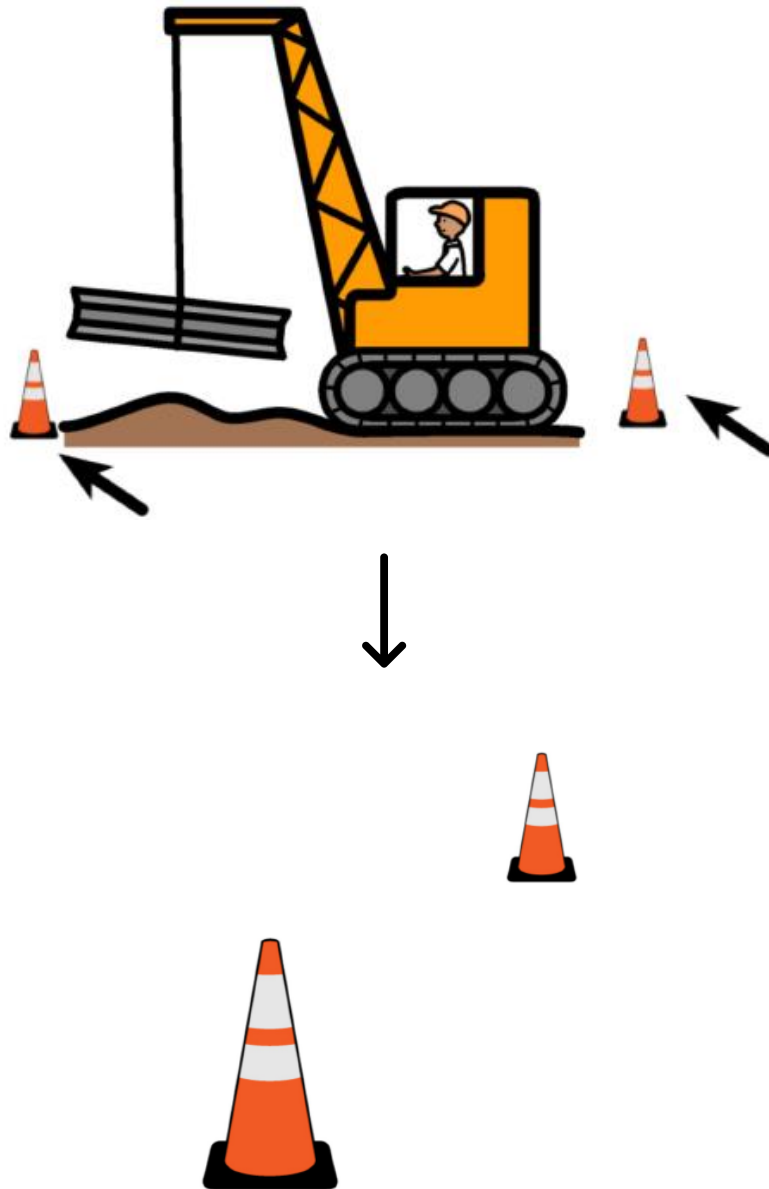


When you visit the physio at the hospital, you are going to try
the 6-minute walk activity.

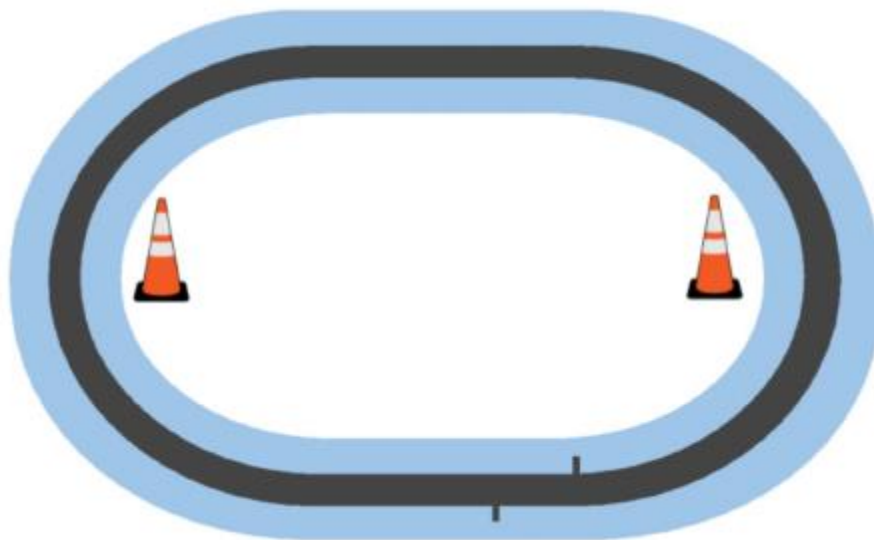
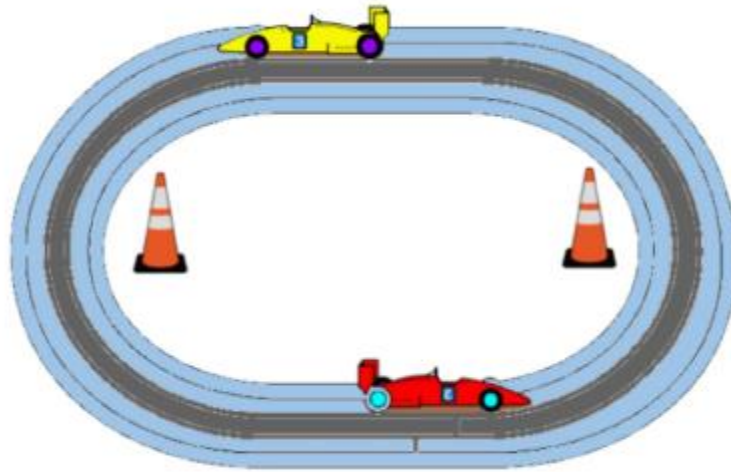


You must be a great listener.

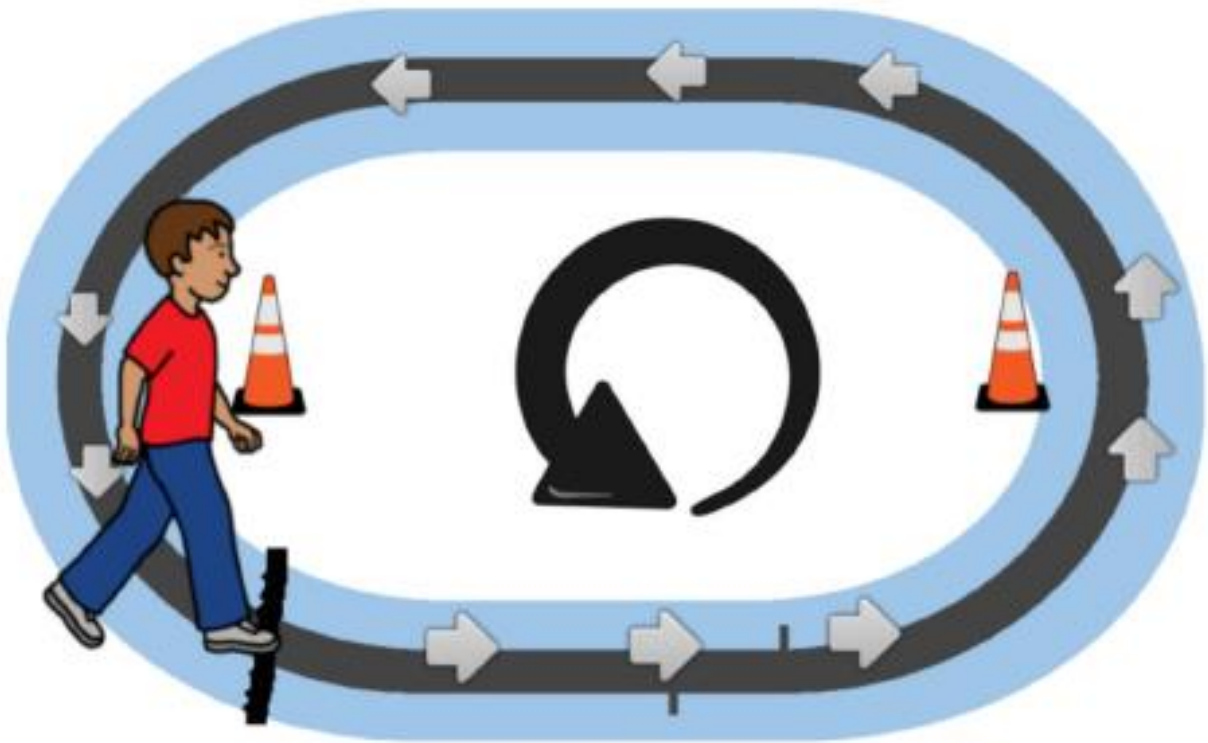
Listening is very important in the 6 minute walk.



In the 6-minute walk, there are 2 traffic cones
just like the you see on a building site.



There is also a track, just like a racetrack.



You follow the track around one cone
and then the next cone,
over and over
for 6 minutes.



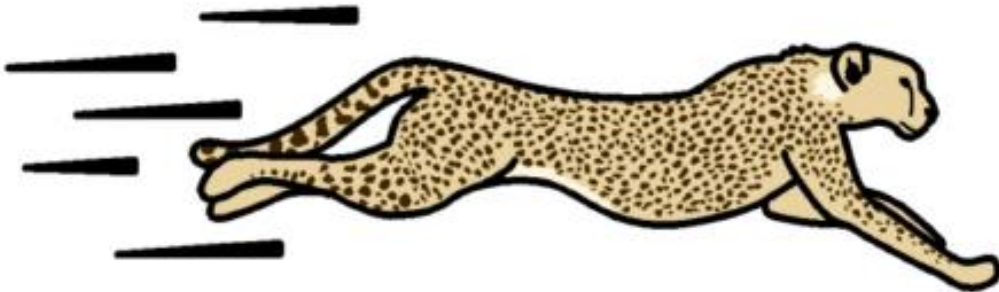
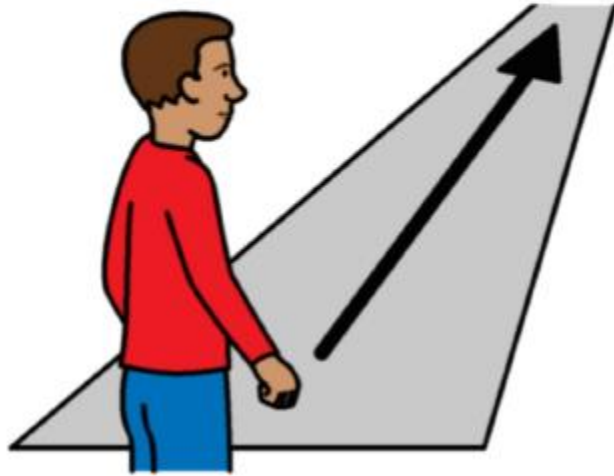
How long is 6 minutes?



It is about as long as one show on ABC kids,
like Bluey!



Why do we do the 6-minute walk?



It will help your physio learn

how far

and

how fast

you can walk.



At times, it may feel difficult, perhaps like it:

- takes too long
- is boring
- makes you tired.



But that is ok.
It is safe and you can do it!



It might help to think of Dory

She says “just keep swimming”

so we can say,

“just keep walking!”

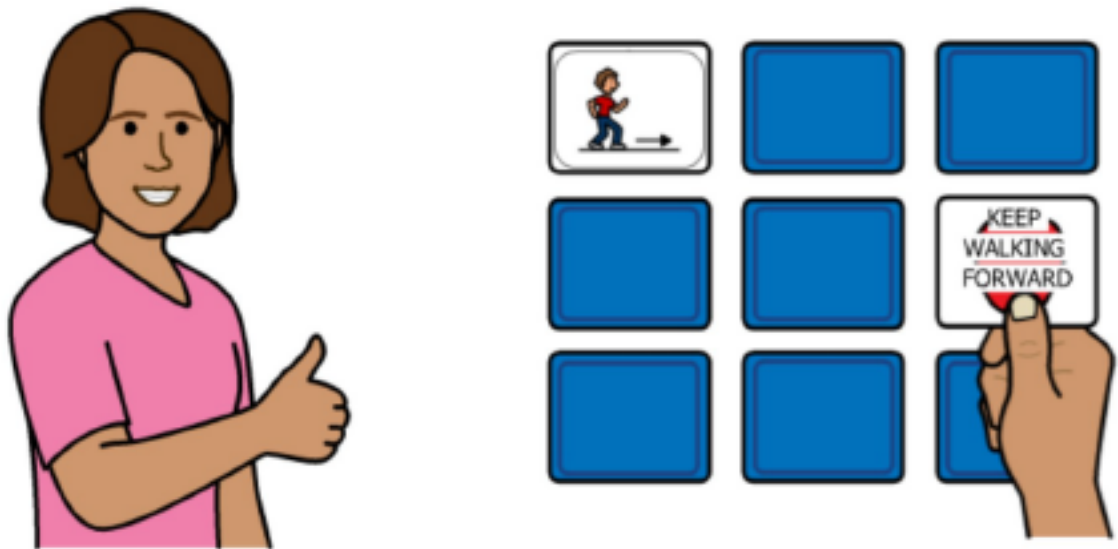


To do the 6-minute walk, there are 5 rules you need to know.
But the physio will be kind and help you if you need it

The rules are:



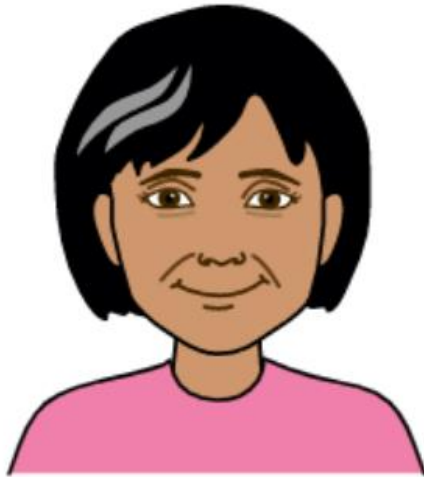
You're doing great!



Let's see how many you can remember.



Can you remember the 5 rules?



Well Done!

Now you have heard all about the 6-minute walk.
You can try it next time you are at the hospital for physio.

If you have any questions, be sure to contact your local physio.