

Living with Peripheral Artery Disease (PAD)

Resources to help you meet your health goals

Learn about PAD

[What is PAD? \(Español\)](#)

Overview of PAD risk factors, symptoms, and treatment

Exercise Programs

[Walking Program \(Treadmill\)](#)

Help manage leg pain (claudication) by following this treadmill walking program

[Walking Program \(Outside\)](#)

Help manage leg pain (claudication) by following this outdoor walking program

Contact your doctor with any questions or concerns