



Tip Sheet: Energy Conservation and Exercise

Energy Conservation Principles:

- Have pre-planned work and rest periods (for example, to plan a rest time each day)
- Plan your work schedule
- Alternate heavy and light tasks, spread heavy tasks throughout the day
- Establish priorities and eliminate unnecessary tasks
- Avoid rushing
- Avoid unnecessary motions (for example, making several trips up and down stairs)
- Whenever possible, sit instead of stand when performing tasks
- Avoid holding or lifting or sliding heavy items. Try using a wheeled cart to move items
- Arrange commonly used items to be stored between knee and shoulder height
- Avoid clutter
- Use labor saving equipment (for example, use a riding mower instead of a push mower; use a food processor instead of chopping things; use a dryer instead of hanging clothes on the line)
- Use good posture
- Adjust work areas to accommodate the task and the individual performing the task. For example, use a bar stool to sit versus standing at a kitchen counter
- Work in area with good ventilation
- Work in area with good lighting
- Work in a relaxed manner
- Wear comfortable clothes and shoes

Principles of Exercise:

- Your heart, lungs, and muscles require a daily workout. When you are less active, especially while in bed, your heart, lungs and muscles have very little work to do. Over time, your heart pumps less forcefully, your lungs expand less fully, and your muscles will become weak and tight. This will cause a drop in your energy level, which affects your ability to carry out your daily routine
- The following tips should be considered:
 - Your blood counts must be at acceptable levels for exercise. (Please see your physician or Rehabilitation Therapist for details)
 - Be aware that your exercise tolerance may drop if your hemoglobin is low
 - You may be dizzy when you first get out of bed, so pause while sitting on the edge of the bed before you stand or start exercising
 - Do exercises slowly and completely, and repeat as many times as you were instructed
 - If you are too tired to do all your exercises, do what you can
 - Always work at your own pace, do not over exert yourself
 - Work within your own target heart rate (Please see your physician or Rehabilitation Therapist for details)
 - Remember to breathe while you exercise
 - Walk!