



Fall Free Friday

WORK SMARTER- NOT HARDER!

**December
4th**

10:00am

**AAA7
FB LIVE**

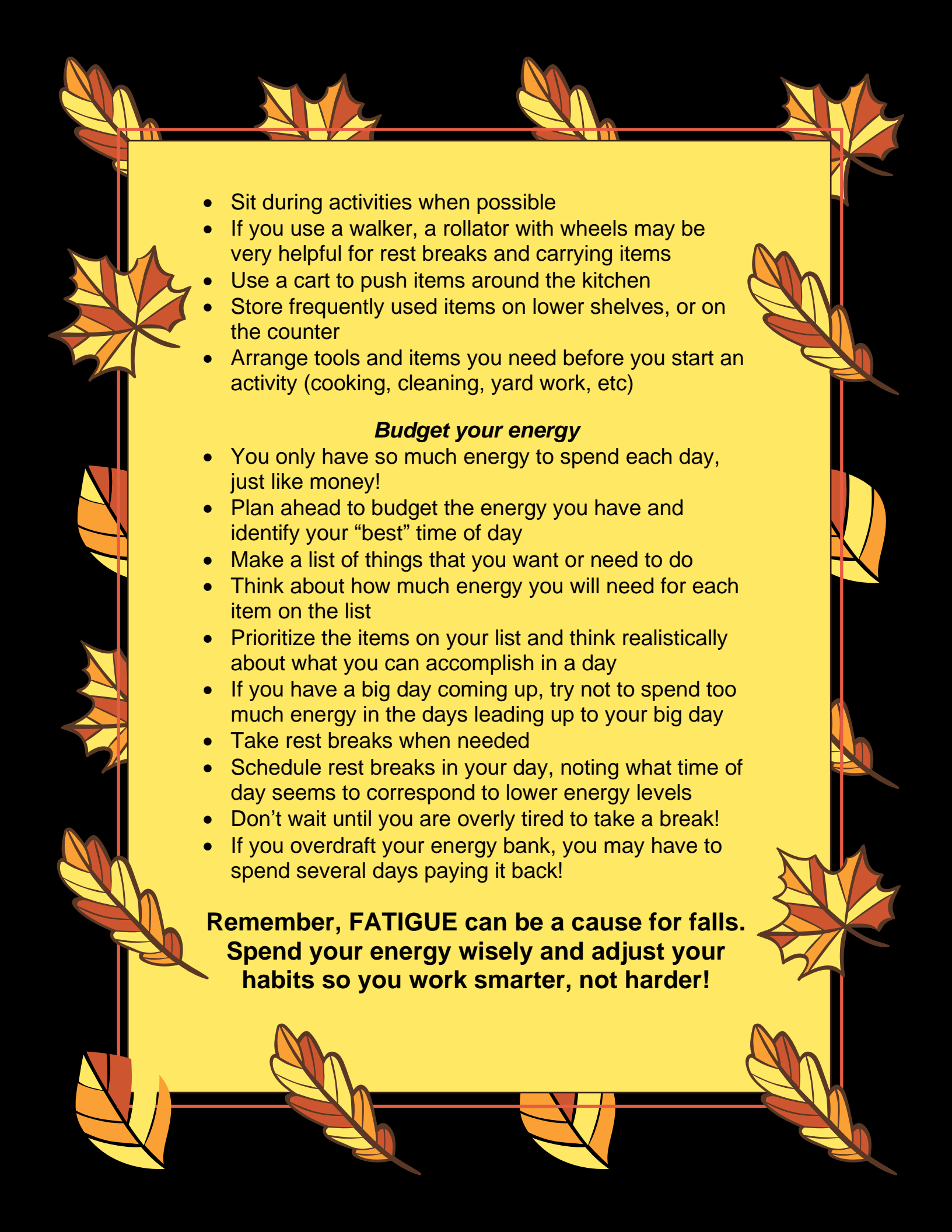
What does “Working Smarter” look like? Saving energy by finding more efficient ways to do the things we want and need to do in a day.

What is Energy Conservation? Adapting an activity to use less energy, including avoiding unnecessary movements like bending or over-reaching.

Conserving energy includes reducing motions that cause muscle fatigue, as well as habits and patterns that decrease your endurance, or aggravate any health conditions that include fatigue as a symptom.

Energy Conservation Tips & Tricks:

- Use a Reacher to pick up items out of reach rather than stretching or bending

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- Sit during activities when possible
 - If you use a walker, a rollator with wheels may be very helpful for rest breaks and carrying items
 - Use a cart to push items around the kitchen
 - Store frequently used items on lower shelves, or on the counter
 - Arrange tools and items you need before you start an activity (cooking, cleaning, yard work, etc)

Budget your energy

- You only have so much energy to spend each day, just like money!
- Plan ahead to budget the energy you have and identify your “best” time of day
- Make a list of things that you want or need to do
- Think about how much energy you will need for each item on the list
- Prioritize the items on your list and think realistically about what you can accomplish in a day
- If you have a big day coming up, try not to spend too much energy in the days leading up to your big day
- Take rest breaks when needed
- Schedule rest breaks in your day, noting what time of day seems to correspond to lower energy levels
- Don’t wait until you are overly tired to take a break!
- If you overdraft your energy bank, you may have to spend several days paying it back!

**Remember, FATIGUE can be a cause for falls.
Spend your energy wisely and adjust your
habits so you work smarter, not harder!**