



Fall Free Friday

Work Smarter- Not Harder!

**November
3rd**

10:00 am

**AAA7
FB LIVE**

Why Should You Work Smarter, Not Harder?

Fatigue is directly related to fall risk. Studies have shown that older adults with high levels of fatigue have a 25% increased fall risk.

What is Energy Conservation?

Energy conservation is changing the way you complete daily activities so you use less energy. Making simple adjustments to habits and routines can improve energy efficiency so you have less fatigue.

How Can You Work Smarter to Conserve Energy?

There are 6 P's for more energy:

1. Prioritize

Prioritize daily routines and schedules, set realistic goals, eliminate unnecessary steps of the task

2. Plan

Schedule alternating heavy and light tasks, break the task down into stages

3. Positioning

Sit during tasks when possible, avoid raising arms too high or bending over for too long, maintain good posture, keep your arms close to your body when carrying objects, support elbows and forearms on a firm surface while you work

4. Pace Yourself

Allow ample time to complete an activity, keep your pace slow and steady, listen to your body and rest before becoming exhausted, rest in between tasks

5. Positive Attitude

Focus on what you can do instead of what you can't, be creative, stay positive

6. Pursed Lip Breathing

Inhale through the nose, then slowly exhale through pursed lips (as if whistling). Exhaling should take twice as long as inhaling. Repeat until relaxed.