

Empower Minds.  
Strengthen Bodies.  
Inspire Creativity.

### PERSONAL ENERGY CONSERVATION

Energy conservation techniques involve using the least amount of physical energy to complete daily activities and avoid becoming fatigued. If you have a medical condition which causes breathlessness, fatigue or general weakness you should incorporate energy conservation principles into your daily routine. Listed below are examples of ways to conserve energy while completing daily tasks.

- Sit whenever possible to perform a task. Use a bar stool to sit on while washing dishes/ prepping food.
- Use a rolling cart to move items (ex. Load and move items all at one time from the kitchen to the eating area, then reverse after the meal).
- Use paper plates and plastic disposable cups/utensils so you don't have to wash dishes.
- Use an electric can opener.
- If possible, serve foods in the same containers in which they are prepared.
- Cook a double portion and freeze half for easier preparation another day.
- Use pans with non-stick surfaces for easier cleanup.
- If you wash dishes by hand, let them soak in the sink for 30 minutes prior to washing which will make cleaning easier. Allow to air dry.
- Use a mini food processor for chopping, grinding, grating, cutting, etc.
- Use a shower bench/chair to allow you to sit while taking a shower and use an elevated toilet seat to make getting up and down easier.
- Get a disabled sticker (talk with your MD) which will allow you to park closer to the entrance to stores.
- Investigate "Meals on Wheels" to eliminate having to cook all meals.
- If you live in a two story home, can you move your bedroom to the main floor so you don't have to go up and down stairs?
- Gather all the supplies you need for a task or project before starting, so everything is in one place.
- Sit while shaving/brushing teeth or applying make-up.
- Use an electric toothbrush instead of a manual one.
- Keep cleaning supplies in each area where they are needed to reduce the need to collect and carry.
- Take frequent rest breaks.
- Consider the effect of the weather on you. Avoid working outdoors during extremely hot or cold weather.
- Evaluate what is really important to you. Remember, you only have so much energy to draw upon, what do you want to "spend" it doing? Balance light and heavy tasks throughout the day/week.
- Investigate if your local grocery store offers home delivery to eliminate the need to go to the market.

