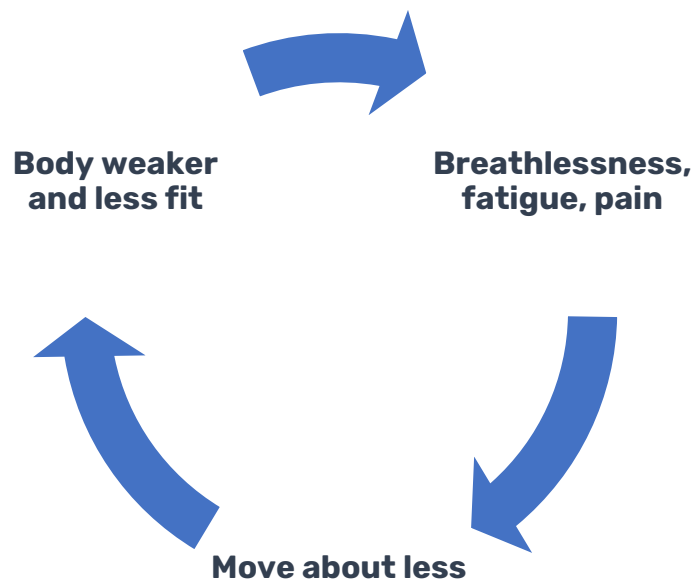


## Improving Mobility and Functioning

### Reduced Activity

When you are unwell, often you find you move around less. (This may be due to fatigue, breathlessness or pain.) When you move around less, your body becomes weaker and less fit. So when you do move, you can feel more breathless. This can be a vicious cycle. But it can be broken by doing more activity:



### Increase activity

Gentle activity can help improve strength & fitness as well as reducing your breathlessness & anxiety. Weak, tense muscles require more oxygen and can increase feeling of breathlessness and fatigue. Therefore increasing activity can make muscles more efficient, helping decrease the muscles demand for oxygen.

Exercise does not need to be vigorous to be beneficial. Regularly standing up and stretching or walking around the room is good. Progressing to walking into the garden is very good for your physical & mental wellbeing.

Try to do a little exercise every day, remember little & often. Too much exercise can make you fatigued therefore a balance is needed. Start exercising gradually.



## Useful Tips

- **Walking Aids**

A simple walking aid such as a stick or frame may help to keep you walking, improve your confidence and enable you to walk further.



- **Clothing**

Make sure that your clothing & footwear isn't hindering your mobility or safety. Clothing shouldn't be too long eg nightwear. Footwear should be comfortable but secure so it doesn't slip off when walking.

- **Seating**

Correct height seating, which is firm and has arms, uses less energy to stand. There is a range of equipment that can make functional activities easier & saves a lot of energy. An Occupational Therapist will be able to advise you further & also be able to order appropriate equipment.

- **Tips for carers**

Allow your relative to be as independent as possible; don't try to help them if they can physically manage the task themselves. If they are struggling to move, please ask for further advice from your health care professional.