

Pace yourself

The secret to success is to start small and build up gradually

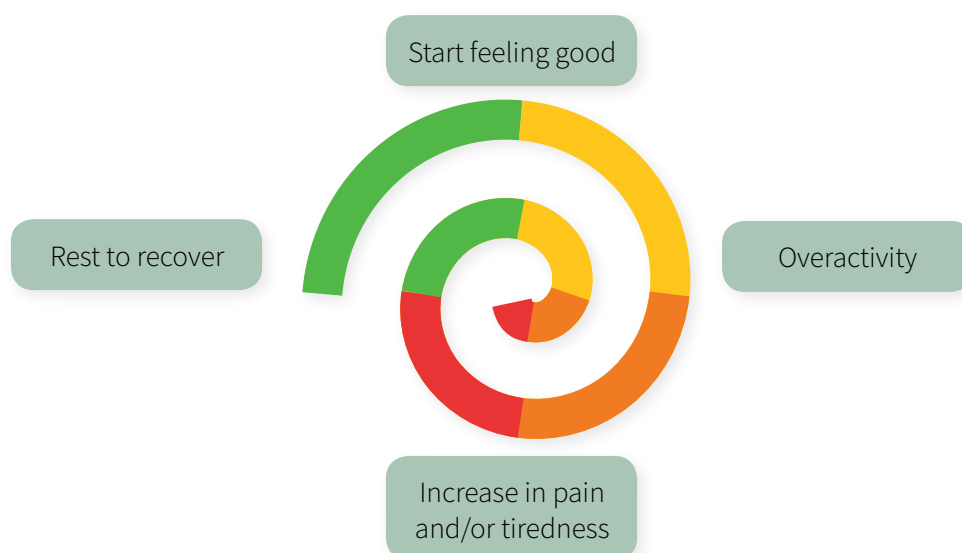
- ▶ Sometimes, doing too much too quickly, stops us from achieving our long term goal
- ▶ Be prepared and think ahead, things can get in the way

Pacing is planning your day and week to spread your tasks evenly and avoid too much in one day.

There is something called the **'over-activity rest trap'** that people often fall into. This is when you have a good day so you do a lot more work than usual. For the next couple of days, you have less energy or are exhausted and have to rest. Resting too long undoes all the benefit of the activity and you become less fit than you were before. Then, when you try again, you may feel weaker, more breathless and think your condition is getting worse but really you are just less fit.

The key thing is to pace yourself and slowly increase your activity level everyday. See how Annie did it in her plan in page 13.

Over-activity rest trap diagram



Make a 'what if' or 'rain day' plan

When you make your plan, you might be confident that the plan will work. It is often not a smooth road ahead. Try to think of some of the things that will get in the way and have some ideas about how you will get around the problem. Write these things down and include them in your plan.

Your Plan



Reality

