

# The Principles of Energy Conservation

## The Four P's

### Prioritize

- make a list
- spread out your goals
- when are you the strongest



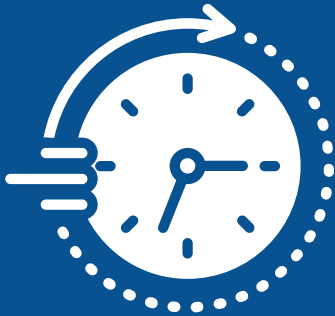
### Planning

- schedule rest
- gather supplies and equipment
- be efficient
- ask for help



### Pacing

- schedule short frequent breaks
- alternate activities
- pace yourself
- slow & steady



### Positioning

- check posture
- use assistive devices
- organize your area
- switch positions

