

# Appendix 11.4

## Gradually Increasing Physical Activity to Better Manage Fatigue



### Gradually increasing physical activity to better manage fatigue



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- Even if a physical activity can seem tiring, it is important to understand that practicing a regular physical activity adapted to your abilities will increase your energy in the long term;
- Proper supervision (e.g., by a physical trainer or kinesiologist) can help you figure out where to start and periodically adjust your goals;
- A program that is too demanding or moves too fast is much less likely to be successful;
- Any excessive activity beyond your physical capacities is not recommended;
- It is essential to begin with small-scale activities (e.g., 10-minute walk) and only very gradually increase their level while respecting your limits;
- If you are unable to finish a physical activity as planned, then the level is too demanding and it should be decreased. Ideally, you should be able to finish the activity even on a "bad day".

MY STARTING POINT (SET A REALISTIC GOAL FOR EVERY DAY, OR ALMOST EVERY DAY)

WEEK OF: \_\_\_\_\_

	PLANNED ACTIVITY, DURATION, DETAILS	ACTIVITY COMPLETED? OBSTACLES? SOLUTIONS?
MONDAY	→	→
TUESDAY	→	→
WEDNESDAY	→	→
THURSDAY	→	→
FRIDAY	→	→
SATURDAY	→	→
SUNDAY	→	→

Adapted from: Ouellet, M.-C., Beaulieu-Bonneau, S., Savard, J., & Morin, C. M. (2015). *Insomnie et fatigue après un traumatisme craniocérébral : Manuel d'évaluation et d'intervention.*



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