**Activity Intolerance**

Activity intolerance is a decreased ability to tolerate daily activities.

**Signs and symptoms of activity intolerance in response to activity**

A. Excessive increase or decrease in blood pressure with activity.
B. Excessive increase or decrease in pulse with activity.
C. Shortness of breath.
D. Excessive fatigue or weakness.
E. Sweating.
F. Dizziness.
G. Pallor or cyanosis.

**The causes of decreased activity tolerance**

H. Poor nutrition.
I. Depression.
J. Stress.
K. Advancing age.
L. Sedentary lifestyle.
M. Bed rest.
N. Pain.
O. Dehydration.
P. Surgery.
Q. Heart disease.
R. Respiratory disease.
S. Multiple other diseases.

**Measures to increase activity tolerance**

T. Use energy conservation techniques.
U. Gradually increase exercise with planned rest periods.
V. Stop smoking.
W. Use assistive devices, such as walker, wheelchair, cane, etc.
X. Eat a nutritious, well-balanced diet.
Y. Lose weight if overweight.
Z. Rest after meals.
AA. Set realistic goals.
BB. Use an activity log to record exercise and exercise tolerance.
CC. Stop activity immediately if cardiac symptoms such as chest pain, increased shortness of breath, or excessive fatigue occur.

**Resources available**

DD. Physical therapy.
EE. Smoking cessation support groups.
FF. Cardiac rehabilitation.
GG. Pulmonary rehabilitation.
HH. Health clubs.