

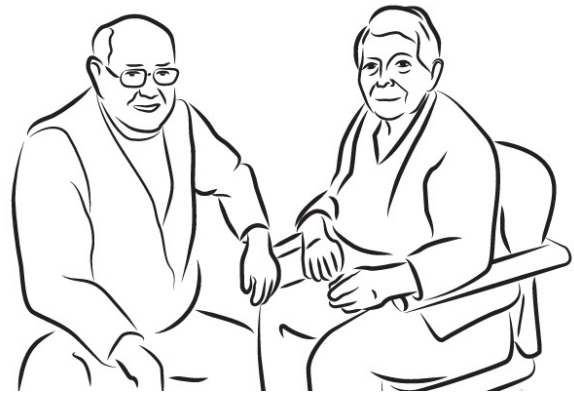
Keep moving

How to stay active while in the hospital

You will feel better if you move. Every little bit of activity helps. If you are not sure how you can move safely, please ask a member of your health care team.

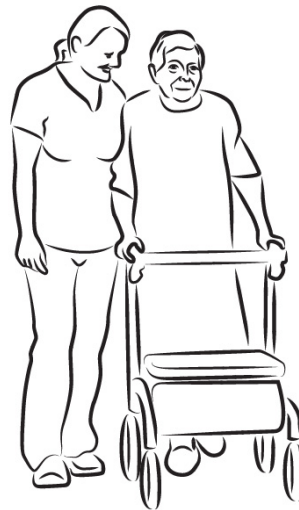


Sit up to eat meals

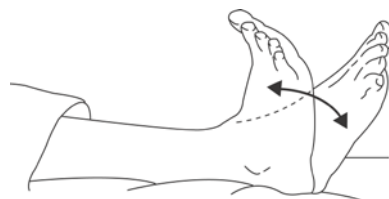
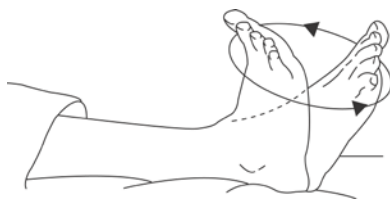


Sit up with visitors

Keep safe!
Ask us how you can move safely.



Walk around



Exercises to do in bed

If you don't use it, you lose it! Staying in bed too much can slow your recovery and ability to move around and take care of yourself. The benefits of moving and being active in the hospital include:

- better breathing
- better able to fight infections
- better appetite
- better sleep
- better mood
- better able to manage at home
- less skin breakdown or bedsores
- less weakness and fatigue
- less dizziness
- less falls
- less pain
- less confusion

Weekly Activity Tracker

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sitting in chair for breakfast							
Sitting in chair for lunch							
Sitting in chair for dinner							
Distance walked							