



Move It May

Did you know? In hospital:

- patients spend up to 83 per cent of time in bed
- extended bed rest leads to deconditioning
- deconditioning can delay discharge
- deconditioning increases the risk of falls and pressure injuries.

This May, let's get moving and promote ways to increase our movement and activity where possible.

**Get up, get dressed
and get moving.**



How many times

have you moved today?

Moving helps you to

- Feel better
- Maintain your independence
- Reduces risk of falls
- Increase strength and fitness
- Have better sleep and appetite
- Go home more quickly
- Reduce frailty.

Let's get moving.

For more information please speak to your health professionals.