

# Keep moving

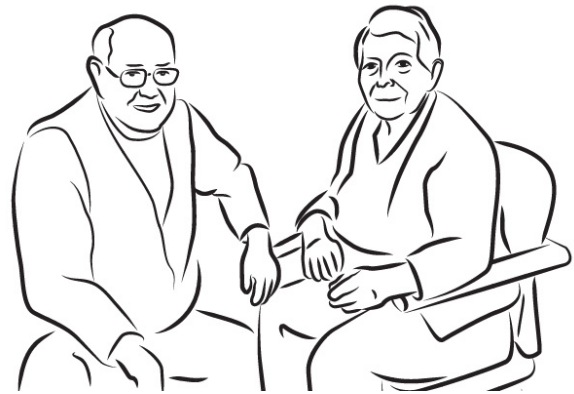
## How to stay active while in the hospital

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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.

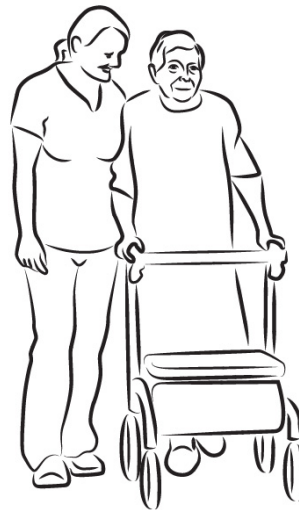


**Sit up to eat meals**

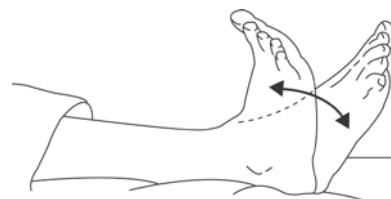
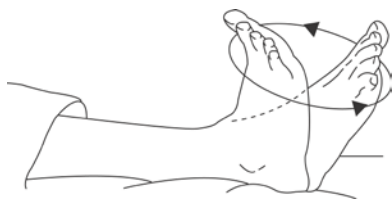


**Sit up with visitors**

**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							