

Tips for Staying Active While in Hospital

- ✓ Move your arms and legs every hour.
- ✓ Use your walking aids if needed (walker, cane).
- ✓ Wear non-slip socks, closed heeled shoes or slippers.
- ✓ Go for at least 1 to 2 walks a day.
- ✓ Sit up in a chair for all of your meals.
- ✓ Use the toilet if you can.
- ✓ Talk with your nurse about getting up and walking.



Safety is Our Top Priority

If you are not sure about how to move safely, please ask us.



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This information does not replace the advice given to you by your health care provider.

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Get Moving to Get Better



MOVE TO IMPROVE



Why Moving is Important?

We know that people who stay lying in bed while in the hospital are more likely to get infections (such as lung and bladder infections) and blood clots.

Movement will keep you strong and get you home sooner.

Move as much as you can while staying safe. Sit up in a chair for all meals, walk whenever you are able to, and dress in your own clothes if you can.

To keep you safe, keep your bedside clean and free of clutter at all times. This also limits the spread of germs.



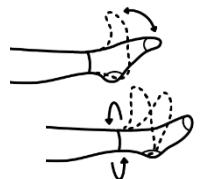
Get Moving to Get Better – Move to Improve

11 Reasons to Get out of Bed

1. Gets you home sooner
2. Prevents infections
3. Improves breathing (Lungs)
4. Improves blood flow (Heart)
5. Prevents blood clots
6. Improves sleep (Brain)
7. Prevents delirium (Brain)
8. Improves mood (Brain)
9. Prevents pressure sores (Skin)
10. Prevents loss of muscle and strength (Muscles)
11. Improves your appetite, lessens the chances of choking, and keeps your bowels regular (Gut)

Ways to Get Moving

- ✓ Spend more time out of bed.
- ✓ Sit up for meals.
- ✓ Use the toilet or commode, not the bedpan or urinal.
- ✓ Walk to the bathroom.
- ✓ Move your arms and legs while sitting up or lying in bed.
- ✓ Walk up and down the hall.
- ✓ Wear your own clothes if possible.



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