Movement is Good Medicine!

Bed rest can lead to negative outcomes

**Heel slides**
Lie on your back. Bend one knee and slide your foot back towards your buttocks.

**Chair march**
Sitting in a chair, lift your right leg and then your left leg.

**Sit up or stand up**
Hold armrest of your chair. Slowly stand feeling the weight through your feet.

**Hip slides**
Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.

**Shoulder shrug**
Keep your arms on your sides. Raise your shoulders up towards your ears, then lower back down.

Move your body at least 3 times a day!
Ask your care team for assistance.