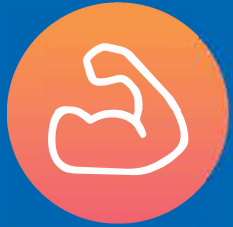


Staying in Bed is a Health Risk!

Insert org
logo here



You can lose **1–5%** of your muscle strength for each day you stay in bed in the hospital.

We will help you to:



Get UP
for meals.

- Sit in a chair for all meals
- Stay sitting for 30 minutes

So you can:

Get WELL and
Get HOME sooner!

Get **MOVING** using your everyday routine:



Eating



Transfers



Toileting



Grooming



Bathing



Dressing

Talk to your healthcare team about what you can do safely.

Visit movescanada.ca to learn more!



>> THIS TOOL IS REUSABLE! PLEASE CLEAN AND KEEP IN ROOM. <<