



Safe Activity for Everybody.

KEEP ACTIVE, STAY CONNECTED

Staying physically active, eating well and socialising can help you recover more quickly. It can also help improve your sense of wellbeing, reduce your risk of chronic disease and prevent falls.

**Every move counts.
Step safely towards better health today.**



Tips for safe activity in a hospital setting:

- Ask your care team how you can move around safely during and after your stay
- Get up slowly from lying to sitting
- Use available grab rails in the toilet/shower and seek help when needed
- Keep active as much as possible

Try to sit less and move safely throughout the day. Stay connected by exercising with others. Speak to your care team for advice about returning to exercise after childbirth.