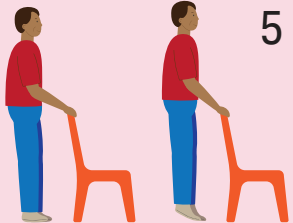


Move It May 2025

Hospital calendar of moves

Please ensure exercises are completed upon recommendation and supervision of a health professional

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 Change out of your PJs and get ready to move this month!	2 Knee extensions X7	3 Walk or wheelchair a lap of the ward
4 Mini squats X7	5 	6 Heel raises X7	7 Dance to your favourite song!	8 Toe raises X7	9 Ask your OT or nurse to organise a ward-based game	10 Walk or wheelchair laps of the ward X2
11 Walk laps of your room X10	12 Standing marches on the spot X10	13 Leg raises X5	14 	15 Seated overhead punches X10	16 Seated toe touches X7	17 Walk or wheelchair laps of the ward X3
18 Ask your physio for arm exercises using light weights	19 Seated leg stretches	20 Sit to stand X7	21 Walk or wheelchair laps of the ward X4	22 Ask your physio for exercises using resistance bands	23 	24 Seated marches X20
25 Walk or wheelchair laps of your room X5	26 Wall push-ups X5	27 Seated overhead punches X20	28 	29 Sit to stand X7	30 Put on your favourite song, and complete 2 chair exercises from this calendar	31 Walk or wheelchair laps of the ward X5