



Move It May

Did you know?

- consumers spend up to 83 per cent of time in bed
- extended bed rest leads to deconditioning
- deconditioning can delay discharge
- deconditioning increases the risk of falls and pressure injuries

This May, let's get moving and promote ways to increase our movement and activity where possible!

Get up, get dressed and get moving



How many times

have you moved today?

Moving helps you to:

- feel better
- maintain your independence
- reduces risk of falls
- increase strength and fitness
- have better sleep and appetite
- go home more quickly
- reduce frailty.

Let's get moving!

For more information please speak to your health professionals.



HealthyWA



Stay On Your Feet

For more information or enquiries, contact healthpolicy@health.wa.gov.au