



Hospital

Move It May 2024

Calendar of moves



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Standing marches on the spot X5	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 Seated arm stretches	15 Seated overhead punches X10	16 Seated touch 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 Seated marches X20	22 Ask your physio for exercises using resistance bands	23 Seated overhead punches X10	24 Walk or wheelchair laps of the ward X4	25 Walk or wheelchair laps of your room X5
26 Wall push-ups X5	27 Seated overhead punches X20	28 Walk or wheelchair laps of your room X20	29 Seated star-jumps X10	30 Put on your favourite song, and complete 2 chair exercises from this calendar	31 Walk or wheelchair laps of the ward X5	1