

Staying in Bed is a Health Risk!



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.



This resource was adapted with permission from Sunnybrook Health Sciences Centre (Toronto, Ontario).



St. Thomas Elgin
General Hospital

