



Department of
Health



Move It May 2025

Health professional pack



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Introduction

Welcome to Move It May, promoting falls prevention and safety in hospitals and residential aged care homes (RACHs).

The Move It May health professional pack is your go-to-guide for promoting Move It May in your healthcare setting. The health professional pack provides you with campaign background, useful information on the campaign, communication templates, and links to posters, consumer resources and other activities to use at your hospital or RACH.

On behalf of the Department of Health, the Older Person Health Network (OPHN) would like to thank you for your participation in Move It May. It takes a system-wide approach to raise awareness and change culture around falls prevention and management for our consumers.

Campaign background

You may know that:

- More than half of adults aged 65 and over in Australia are physically inactive and over 80 percent do not do enough muscle strengthening activity.¹
- Physical inactivity was the 10th leading risk factor for ill health and premature death in Australia.²
- The average length of hospital stays for older Australians hospitalised for a fall is 9.5 days.

Following on from the success of the previous No Falls November and Move It May campaigns, the WA Health Clinical Falls Health Promotion Working Group are running the Move It May campaign again for 2025.

The campaign aims to build on from previous activities and continue raising awareness about the importance of physical activity for preventing deconditioning and reducing the risk of falling in older adults.

Throughout May, staff are encouraged to promote movement and physical activity amongst consumers during time in hospital or living in RACHs.

The campaign aligns with the Stay On Your Feet WA® messaging and branding. Stay On Your Feet® is a state-wide falls prevention program that aims to promote healthy, active ageing in WA to reduce falls and fall-related injuries among older people in both the community and clinical setting.

¹ Australian Institute of Health and Welfare (2024). Physical activity. Website: [Physical activity - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/physical-activity).

² Australian Institute of Health and Welfare (2024). Burden of disease. Website: [Burden of disease Overview - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/burden-of-disease).

Campaign setting

The setting focus for Move It May is the clinical setting – hospital wards or clinics and RACHs. For advice and information relevant to private residential home and community settings, we direct consumers to a dedicated service, www.stayonyourfeet.com.au, delivered by Injury Matters.

Injury Matters is a not-for profit organisation contracted by the Department of Health to deliver the Stay On Your Feet WA[®] program in the community. There is a comprehensive suite of resources available on this site for consumers in the community.

Resources

On behalf of the OPHN, the WA Health Clinical Falls Health Promotion Working Group together with the Department of Health have developed a series of resources available for all health professionals to use. The resources are outlined within the pack.

We also support health professionals to create Stay On Your Feet[®] brand aligned, setting specific resources where required. See the [Resource development](#) section for more information.

Campaign timing

The campaign will be promoted by the OPHN and the Department of Health for the month of May. We acknowledge that running activities for the full month is very labour intensive, so we encourage settings to implement the program as it suits them best. You can plan your Move It May awareness campaign over a dedicated week, or one day each week, or for the entire month – whatever works for your setting and resourcing.

How to use this resource

This pack has a suggested list of activity ideas, links to resources and communication templates to help implement Move It May and has ideas for consumers and health professionals. The resource also has communication templates to promote the campaign at your site.

The [appendix section](#) of this document contains examples of the resources. All of the state-wide resources are available in print ready format on the [Department of Health's website](#) and [Sharepoint page](#).

Need support?

If you have any queries or need any support delivering Move It May in your setting, or utilising the Stay On Your Feet WA[®] style guide and templates, please do not hesitate to contact the OPHN team at healthpolicy@health.wa.gov.au.

Physical activity

What is physical activity?

Physical activity is any bodily movement produced by muscles that requires energy expenditure. It involves movement during formal exercise, leisure time and for transport to get to and from places.

Why is physical activity important for older adults?

- Active older adults have lower rates of mortality, coronary heart disease, high blood pressure, type 2 diabetes and some cancers. They also have better fitness, body composition and cardiovascular health.
- Exercise can reduce falls by up to 23 per cent, lowering the risk of fall-related injuries.
- Balance and strength exercises at least 3 times a week can help reduce falls and fall-related injuries in older adults.
- Higher physical activity levels can improve bone health, which can help prevent osteoporosis and enhance bone density.
- Regular physical activity reduces the risk of age-related physical function decline in older adults.
- Daily movement recommendations are included in the [Australian Physical Activity and Sedentary Behaviour Guidelines](#).

Benefits of physical activity

Regular physical activity reduces older adults' risk of:

- hip fractures by up to 68 per cent
- type 2 diabetes by up to 40 per cent
- dementia by 30 per cent
- cardiovascular diseases by up to 35 per cent
- breast cancer by 20 per cent
- colon cancer by 30 per cent
- depression by up to 30 per cent
- all cause mortality by 30 per cent.



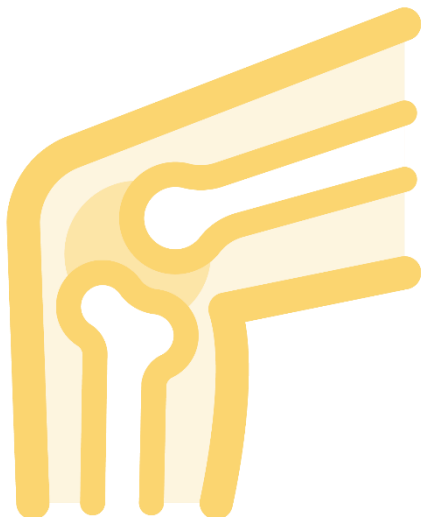
Best practice tips

- **Consult a professional:** Encourage consumers to consult a health professional before commencing exercise.
- **Stay informed:** Stay updated on the latest research and recommendations for physical activity for older adults.
- **Education and behaviour change:** Education and promoting long-term change can lead to increased physical activity for consumers (e.g., goal setting, self-monitoring and providing feedback).

Physical activity in hospital

- Daily mobilisation to help prevent deconditioning and falls.
- Maintain clear pathways for consumers to move.
- Encourage consumers to mobilise to and from the bathroom.
- Encourage consumers to transfer and sit out for meals.
- Encourage consumers to walk around the facility, try chair exercises or do some gentle stretching.
- Where relevant, consider referring the consumer to an inpatient physiotherapist for a mobility review, gait aid (if required) and an individualised exercise program.
- Educate consumers on the importance of 'moving' and relate this to their goals.
- **To prepare for discharge:** recommend consumers access the [Injury Matters Stay On Your Feet® WA](#) community focused resources, and if available, consider a referral to an outpatient physiotherapist, exercise physiologist or personal trainer/local gym for an individualised exercise program.

This resource is available as an individual PDF on the [Department of Health's website](#) and the [Move It May SharePoint](#) page for health professionals.



Activity ideas when with consumers

Below are some activity ideas to do on your ward or at your RACH that encourage consumers to get moving and be active.

Please implement these activities as appropriate for your ward or RACH and ensure that any exercise or activity is within the consumer's ability. A consumer may need clearance from a doctor, nurse practitioner or physiotherapist before undertaking physical activity.

Strengthening exercises

There are a range of simple strengthening exercises that consumers can do laying down, seated or standing with minimal equipment. See [Appendix 1](#) for the different exercises. You can also ask a physiotherapist for more exercise ideas.

Yoga or tai chi

Gentle stretching or yoga is great for balance and flexibility, and tai chi can help consumers with balance, mindfulness and relaxation.

Walking

Walking is a great activity to get consumers moving. You can encourage consumers to walk more frequently during the day. Some ideas include walking laps of the ward or taking walks outside in the garden.



Hydrotherapy

If you have access to a hydrotherapy pool, why not arrange for your consumers to try it. It is a great low-impact, full-body exercise that is also good for the heart.



Colouring-in activities and puzzles

Provide consumers with large print books, word and number puzzles. You can also use the Move It May colouring-in activity or make your own games! See [Appendix 5](#) for the colouring-in activity.

Up and dressed

Aim to get your consumers up and dressed into their day clothes and sitting in their chairs. This helps them to be more motivated and active during the day.



Breakfast buffet for consumers

To encourage consumers to get up and dressed each morning, you can host a breakfast buffet in your area. This encourages consumers to walk or wheel and self-serve their breakfast.

Picnic lunches

If you are able to take consumers outside and there is an appropriate set up, take them outside for a picnic lunch. This is a great way to increase activity and helps consumers to get some fresh air.

Shopping

Set up a simple 'shop' in your area and encourage consumers to pretend to go shopping. Free items that you could have available include toiletries, washers and healthy snacks.

Lap of activities

With the support of a physiotherapist, set up a lap or corridor of stations with different exercises for consumers. This could include seated arm punches, standing marches and heel raises. See [Appendix 1](#) for more exercise ideas.

You could name the lap after someone local and famous to make it fun and engaging! You may also wish to have an opening and closing ceremony.

Use the Move It May resources!

There is a range of consumer resources that have been created for Move It May. This includes a consumer activity planner ([Appendix 3](#)) and a calendar of moves ([Appendix 4](#)).



Group activities

Social interaction and feeling a sense of belonging can help boost consumers' overall wellbeing. You can gather a few consumers together and do the following:

- discuss deconditioning or a topic of their choice
- get creative and do a colouring-in together
- play a simple game of cards, puzzles, bowling or ring toss
- start a walking club
- play some music and get dancing (see [Appendix 6](#) for the Spotify poster)
- do the exercises from [Appendix 1](#) together.

Display

Create a display board for consumers about deconditioning and how to prevent it while in hospital or residential aged care. You can have copies of the consumer resources available for them to take.

We'd love to see your displays too! Please send a photo of your display to healthpolicy@health.wa.gov.au. Please ensure that you have the necessary approvals before sending the photo as it may be used in communications to promote Move It May.

Family, friends and carers can take part too!

Enlisting their support and involvement can help make the activities more enjoyable for consumers.

Playing with grandchildren is also a great way for consumers to move more and boost their endorphins.

More activities and ideas to get consumers involved in the campaign are available on the [Move It May SharePoint](#) page for health professionals.

This resource is also available as an individual PDF on the [Department of Health's website](#) and the [Move It May SharePoint](#) page for health professionals.



Activity ideas for health professionals

Below are some activity ideas to do on your ward or at your RACH that aim to increase health professionals' awareness of deconditioning and falls prevention.

Information sheet

An information sheet on deconditioning and physical activity has been created for health professionals. You can print it out and leave copies in tea rooms or other areas frequently accessed by health professionals. See [Appendix 6](#) for more.

You can also create your own information sheet or poster! Simply email healthpolicy@health.wa.gov.au for a copy of the Stay On Your Feet® style guide and templates or visit the [Move It May SharePoint](#) page for health professionals.

Display

Create a display board for health professionals about deconditioning and how it can lead to an increased risk of falls amongst older adults. You can also include ideas on how health professionals can encourage consumers to be more active.

To generate some friendly competition, you can also encourage other teams on your ward or at your RACH to create their own displays.

We'd love to see your displays too! Please send a photo of your display to healthpolicy@health.wa.gov.au. Please ensure that you have the necessary approvals before sending the photo as it may be used in communications to promote Move It May.

Spread the word

Use the communication templates in the [Campaign promotion](#) section to let others know that you are participating in Move It May and encourage them to get involved. The more people we reach, the greater the chance we have in preventing falls.

A range of promotional posters have also been created. See [Appendix 6](#) for more.



Presentations

Arrange a presentation for your ward or RACH to increase staff's awareness of deconditioning and the Move It May campaign. A presentation is available on the [Move It May SharePoint](#) page for health professionals, or you can create your own using the Stay On Your Feet® templates.

Videos

Another great option is to show a video on deconditioning and the importance of falls prevention. You can also encourage health professionals to watch the video in their own time by sending them a link to it.

Host a morning tea

If you are able to, consider hosting a morning tea to raise awareness of Move It May and have copies of the resources available.

You can also use the Stay On Your Feet® templates to create your own poster to promote the event. Simply email healthpolicy@health.wa.gov.au for a copy of the style guide and templates or visit the [Move It May SharePoint](#) page for health professionals.

If you are unable to host a morning tea, consider bringing Move It May up at your next team meeting or huddle.



Join with the consumer activities!

Encourage health professionals to in join with the consumers if they have time. This is a great way to encourage the consumers to participate and have some fun.

More activities and ideas to get health professionals involved in the campaign are available on the [Move It May SharePoint](#) page for health professionals.

This resource is available as an individual PDF on the [Department of Health's website](#) and the [Move It May SharePoint](#) page for health professionals.

Resource development

The Move It May campaign is part of the Stay On Your Feet WA[®] program and the brand and visual look provides a consistent message and approach between the clinical and community settings. Therefore, the Stay On Your Feet WA[®] style guide and templates are available to enable easy adoption and implementation.

In addition to the state-wide resources available to all wards and RACHs, teams are encouraged to develop setting specific resources. When creating your own resources for Move It May, please utilise the Stay On Your Feet WA[®] style guide and templates.

The following templates are available to use:

- poster templates
- document templates
- PowerPoint templates.

Each template has instructions on how to use it. There is also a series of icons available to use in the Stay On Your Feet[®] colours. The icons represent key areas and messages of falls prevention.

There is also a range of health professional created resources on the [Move It May SharePoint](#) page that you might like to implement at your site.

Please note that resources and messaging should be specific to the clinical setting. The Department contracts Injury Matters to provide all of the community messaging and resourcing on falls prevention. This is a well-established program in the community. For community messaging, resources and activities, please link to the [Injury Matters Stay On Your Feet WA[®] program](#).

To request a copy of the style guide and templates, please email healthpolicy@health.wa.gov.au or visit the [Move It May SharePoint](#) page for health professionals.

If you need help using the style guide or templates, please email healthpolicy@health.wa.gov.au.

Campaign promotion

The OPHN team together with the Department's Communications Directorate have created a series of communication templates for the Move It May campaign. This includes templates for newsletter articles, emails and social media posts.

These templates can be used for Health Service Provider (HSP), other hospital and RACH communications. The templates are also for health professionals to use and adapt to suit the needs of their setting, colleagues and consumers.

We note that one of the best ways to engage Communication Units is for them to receive the information from multiples sources. As such, we encourage all our HSP colleagues to ask your Communications Unit to promote the campaign via your internal communication channels. The OPHN will also ask each HSP Communications Unit to share information on the campaign internally.

You are encouraged to use the communication templates in ward level communications. It is acknowledged that the wider the variety of communication channels used, the greater we can increase awareness of the campaign and prevent falls amongst older adults.

These communication templates will also be used for communications by the OPHN team at the Department. Please note that the OPHN will arrange the following communication channels:

- WA Health-wide Health Happenings and intranet articles
- WA Health news article and LinkedIn post
- Health Networks Bulletin articles.

Please note that communications and messaging should be specific to the clinical setting. The Department contracts Injury Matters to provide all of the community messaging and resourcing on falls prevention. This is a well-established program in the community. For community messaging, resources and activities, please link to the [Injury Matters Stay On Your Feet WA® program](#).

If you have any queries, please email the OPHN team at healthpolicy@health.wa.gov.au.



Newsletter article templates

Beginning of the campaign – early April

Title	Move It May
Text	<p>Did you know that physical inactivity:</p> <ul style="list-style-type: none"> • is a leading cause of ill health and premature death in older adults • increases the risk of falls in older adults. <p>The Move It May campaign will run again in 2025 to help increase physical activity amongst older adults in hospitals and residential aged care homes (RACHs).</p> <p>Health staff play an important role in promoting falls prevention and encouraging consumers to increase their physical activity. Physical activity has many health benefits for older adults and can help prevent falls.</p> <p>Throughout the month of May, WA Health staff will be encouraged to promote the Stay On Your Feet® falls prevention message amongst older consumers as part of Move It May.</p> <p>Private hospitals and RACHs are invited to participate in Move It May and promote falls prevention throughout May.</p> <p>A range of consumer and health professional resources, including posters and information sheets, will be available soon to implement at your hospital or RACH.</p> <p>For more information about Move It May, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au.</p>

Start of campaign – late April

Title	Move It May
Text	<p>Did you know that physical inactivity:</p> <ul style="list-style-type: none"> • is a leading cause of ill health and premature death in older adults • increases the risk of falls in older adults. <p>The good news is that falls can be prevented, and there are a range of actions that health professionals and consumers can do to reduce the likelihood of falls.</p> <p>Health professionals play an important role in promoting falls prevention. Throughout the month of May, WA Health staff are encouraged to promote the Stay On Your Feet® falls prevention message amongst older consumers as part of Move It May.</p> <p>This is an extension of last year's Move It May campaign and will focus on encouraging older adults to increase their physical activity to reduce the risk of falls.</p>

	<p>Private hospitals and residential aged care homes (RACHs) are invited to participate in Move It May and promote falls prevention throughout May.</p> <p>A suite of consumer and health professional resources for Move It May is available on the Department of Health's website. These resources include activities for staff and consumers, as well as a range of educational materials and links.</p> <p>If your hospital or RACH has innovative or creative ideas to implement Move It May, please send photos to HealthPolicy@health.wa.gov.au. Please ensure that you have the necessary approvals to share the photos as they may be featured in communication materials.</p> <p>The campaign was developed by the WA Health Clinical Falls Health Promotion Working Group that consists of Health Service Providers and Department of Health representatives.</p> <p>For more information about the Stay On Your Feet® falls prevention message and Move It May, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au or talk to your falls specialist team.</p>
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Campaign halfway – mid-May

Title	Move It May
Text	<p>It is now halfway through the Move It May campaign.</p> <p>Continuing through May, health professionals at hospitals and residential aged care homes are encouraged to promote the Stay On Your Feet® falls prevention message amongst older consumers.</p> <p>Staff play an important role in promoting and encouraging consumer mobility and falls prevention. Encouraging everyday activities and gentle exercise, under the guidance of clinicians, can help to improve consumer outcomes and experiences whilst in care and reduce the risk of falls.</p> <p>A suite of resources for Move It May is now available on the Department of Health's website. These resources include activities for staff and consumers, as well as a range of educational materials and links.</p> <p>For more information about Move It May, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au or talk to your falls specialist team.</p>

Email to colleagues

FYI email to colleagues advising of upcoming campaign

Title	FYI – Move It May
Text	<p>Dear colleagues,</p> <p>Following on from the success of the previous No Falls November and Move It May campaigns, the WA Health Clinical Falls Health Promotion Working Group, consisting of representatives from Health Service Providers and the Department of Health, are running the Move It May campaign again for 2025.</p> <p>The campaign aims to build on previous activities and continue raising awareness of falls in hospitals and residential aged care homes (RACHs). It will focus on encouraging older adults to increase physical activity to reduce the risk of falls.</p> <p>The campaign will align with the Stay On Your Feet® WA messaging and branding. Stay On Your Feet® is a state-wide falls prevention program that aims to promote healthy, active ageing in WA to reduce falls and fall-related injuries among older people.</p> <p>A suite of resources is available for both staff and consumers, including activities and a range of educational materials and links. The resources will be available on the Department of Health's website soon, ready for the beginning of May.</p> <p>We encourage you to use the Stay On Your Feet® style guide and templates to create your own Move It May resources that best suit your ward or RACH. Email healthpolicy@health.wa.gov.au to request of copy of the style guide and templates.</p> <p>To increase the success of Move It May, we would greatly appreciate you sharing the campaign widely within your networks and professional teams.</p> <p>We also encourage you to ask your communications team to promote the campaign. The more people we reach, the greater we can prevent falls amongst older adults.</p> <p>If you have any feedback or queries, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au.</p> <p>Kind regards,</p>

Email to HSP Communication Teams

Title	Promotion of Move It May
Text	<p>Dear Communications Team,</p> <p>The Move It May campaign is an extension of last year's first Move It May campaign and continues to raise awareness of physical inactivity as a risk factor for falls in clinical settings.</p> <p>Following on from the success of the 2024 Move It May campaign, the WA Health Clinical Falls Health Promotion Working Group (consisting of representatives from Health Service Providers and the Department of Health) are running a Move It May campaign again for 2025.</p> <p>Throughout the month of May, WA Health staff are encouraged to promote falls prevention amongst older consumers using the Stay On Your Feet® WA messaging and branding.</p> <p>Stay On Your Feet® is a state-wide falls prevention program that aims to promote healthy, active ageing in WA to reduce falls and fall-related injuries among older people.</p> <p>Physical inactivity increases the risk of falls, and it is vital that older adults remain active to reduce the risk of falls. To help encourage older adults to stay active, a suite of consumer and health professional resources for Move It May is now available on the Department of Health's website: https://www.health.wa.gov.au/Articles/A_E/Campaign-Move-it-May. These include activities and a range of educational materials and links.</p> <p>We would greatly appreciate it if you could please offer support by raising awareness of and promote this important campaign.</p> <p>If you have any feedback or queries, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au.</p> <p>Kind regards,</p>

Email to colleagues notifying them that the website is live

Title	Move It May resources now available
Text	<p>Dear colleagues,</p> <p>The Older Person Health Network is pleased to inform you that the 2025 Move It May campaign will begin next week, and the resources are now live on the Department of Health's website.</p> <p>As mentioned in our previous correspondence, Move It May aims to raise awareness of falls prevention by addressing physical inactivity as a risk factor for falls in older adults.</p> <p>We will be promoting Move It May throughout the month of May and we will be sharing a range of resources and implementing activities for consumers and health professionals.</p> <p>There are a range of resources available, including information sheets, posters and activities for consumers. Please use the resources you find most appropriate for your clinical or residential aged care home (RACH) setting.</p> <p>We will be continuing to promote the campaign through our communication channels to increase its uptake and success. As such, we encourage you to circulate the Move It May resources and webpage with your networks and professional teams.</p> <p>We also encourage you to use the Stay On Your Feet® style guide and templates to create your own Move It May resources that best suit your ward or RACH.</p> <p>If you have any feedback or queries, and to access the style guide and resource templates, please contact the Health Networks Clinical Engagement Team via HealthPolicy@health.wa.gov.au.</p> <p>Kind regards,</p>

Social media post template

Title	N/A
Text	<p>Move It May is a campaign running for the duration of May, targeting falls prevention with consumers.</p> <p>Physical inactivity increases the risk of falls, and the good news is that falls can be prevented.</p> <p>Move It May reminds us of the actions we can take to prevent falls in hospitals or residential aged care homes.</p> <p>For more information, talk to your Falls Prevention team and access the resources online.</p>



Additional resources and research

This section includes the evidence base that has informed the Move It May campaign and shares additional resources from complimentary campaigns.

Research

The Move It May campaign content is developed by subject-matter experts and is informed by an extensive evidence base. Shared here is a list of some of the most current literature that has informed the development of the campaign and may be useful references.

Deconditioning in the hospital setting

1. Emma Su Zan Tan, Lynette Mackenzie, Katrina Travasssaros & Megan Yeo (2019): A pilot study to investigate the feasibility of the modified Blaylock Tool for Occupational Therapy Referral (MBTOTR) for use by nurses in acute care, *Disability and Rehabilitation*, DOI: 10.1080/09638288.2019.1624840

This study explored the feasibility of using the Modified Blaylock Tool for Occupational Therapy Referral to identify acute care patients at risk of functional decline. Conducted with 305 patients, it found that 45% had scores recommending occupational therapy referral. Key risk factors included mobility issues, memory problems, and recent hospital admissions. Barriers to referral were resource limitations, lack of visibility, and poor understanding of occupational therapy. The tool shows promise for early identification, but further validation is needed.

2. Gilson S. Deconditioning in Hospitalized Patients with Cancer. *Semin Oncol Nurs.* 2024;40(4):151676

Hospital-associated deconditioning (HAD) is a significant issue for hospitalized cancer patients, who are particularly vulnerable due to their diagnosis and treatment effects. Preventing HAD involves promoting physical activity through standardized mobility assessments and interdisciplinary collaboration. Nurses play a crucial role in this process, assessing mobility, identifying risk factors, and implementing interventions despite challenges like workforce shortages and high workloads.

3. Kim N. Estimation of Functional Reserve in Patients with Hospital-Associated Deconditioning. *Archives of Physical Medicine and Rehabilitation.* 2023 Mar 1;104(3):e27-8.

This study evaluated the use of sit-to-stand (STS) muscle power tests to assess functional reserve in patients with hospital-associated deconditioning (HAD). Over four weeks of rehabilitation, significant improvements were observed in gait speed, hand grip power, hip extensor power, balance, and daily living activities. The STS capacity ratio, derived from STS test performance, showed positive correlations with these clinical outcomes, suggesting it may be a useful measure of functional reserve.

4. [Kundisova L, Bocci G, Kundisova L, Guadagni G, Stefani L, Cepollaro C, Nante N, Dei S, D'Amato MG. Blaylock risk assessment screening score as a predictor of length of hospital stay. *European Journal of Public Health*. 2017;27.](#) In 2015, 22% of Italy's population was over 65, leading to more chronic diseases and longer hospital stays. This study aimed to estimate hospital stay length using the Blaylock Risk Assessment Screening Score (BRASS). Conducted in 2016 across four hospitals in Siena, Italy, it included 1,794 patients. The BRASS score, which assesses demographic, health, and social factors, helped identify patients needing extensive discharge planning. Results showed significant differences in BRASS scores and hospital stay lengths, suggesting BRASS is useful for predicting prolonged hospitalization risk.

5. [Lobna A, Brown CJ. Promoting mobility in the acute care setting. In: Sullivan GM, Pomidor AK, editors. *Exercise for aging adults. A guide for practitioners*. 2nd Edition. Switzerland: Springer; 2024](#) Details prevalence and consequences of reduced mobility in a hospital, how to assess function, safe exercise, and additional hospital-based strategies.

6. [Mudge AM, Bew P, Smith S, McRae P. Staff knowledge, attitudes and behaviours related to mobilisation in a rehabilitation setting: Short report of a multidisciplinary survey. *Australasian Journal on Ageing*. 2020 Sep;39\(3\):225-9.](#) This study aimed to understand barriers and enablers to patient mobility in a rehabilitation setting from the perspective of multidisciplinary staff. A survey completed by 83 staff members identified key barriers such as nursing workload, unclear responsibility for mobilizing, risk of staff injury, patient motivation, and family participation. Enablers included good knowledge, positive outcome expectations, and team communication. These insights can help develop tailored strategies to enhance patient mobility in rehabilitation.

7. [Smith TO, Sreekanta A, Walkeden S, Penhale B, Hanson S. Interventions for reducing hospital-associated deconditioning: a systematic review and meta-analysis. *Archives of Gerontology and geriatrics*. 2020 Sep 1;90:104176.](#) This study aimed to evaluate the effectiveness of hospital-based interventions to reduce Hospital-Associated Deconditioning (HAD). A systematic review included seven studies with 12,597 participants. Results showed low-quality evidence that enhanced inpatient programs reduced the risk of physical performance decline compared to usual care. However, there was no significant benefit for mobility on discharge, length of stay, readmission, or short-term mortality. Enhanced programs did show some benefit for nursing home placement and 12-month mortality. Further research is needed to determine the most effective elements of these programs and their applicability outside North America.

8. [Swinerton E, Price A. Recognising, reducing and preventing deconditioning in hospitalised older people. *Nursing Older People*. 2023 Apr 3;35\(2\).](#) Deconditioning results from immobility during or after acute illness, injury, or hospitalisation, leading to functional decline and conditions like frailty and sarcopenia. While prolonged bed rest was once seen as therapeutic, reducing immobility is now recognised as crucial. Mobilisation strategies, such as those

promoted by the #EndPJparalysis campaign, can help prevent hospital-associated deconditioning. Nurses play a key role in these efforts.

9. Taylor NF, Harding KE, Dennett AM, Febrey S, Warmoth K, Hall AJ, et al. Behaviour change interventions to increase physical activity in hospitalised patients: a systematic review, meta-analysis and meta-regression. *Age Ageing*. 2022;51(1).

This systematic review and meta-analysis examined the impact of behavior change interventions on physical activity levels in hospitalized patients. It found moderate-certainty evidence that such interventions increased physical activity (SMD 0.34). Techniques like goal setting and feedback were particularly effective. Targeted behaviour change interventions were associated with increases in physical activity in hospitalised patients. However, the effects on mobility, length of stay, and other patient-related or health service outcomes were inconclusive, and adverse events were poorly reported.

10. Wai GJ, Lu Z, Gill S, Henderson I, Auais M. Impact of the End PJ Paralysis interventions on patient health outcomes at the participating hospitals in Alberta, Canada. *Disability and Rehabilitation*. 2024 Apr 3:1-1.

The End PJ Paralysis initiative, implemented in multiple Alberta hospitals, aimed to prevent the adverse effects of low mobility during hospital stays. The study assessed its impact using clinical and administrative data from 32,884 patients. Results showed significant improvements, including reduced length of stay by 1.8 days, fewer inpatient falls, increased rates of patients discharged home, and better patient ambulation and dressed rates. These findings suggest the initiative effectively mitigated immobility-induced complications, such as deconditioning and hospital-acquired disability.

11. Welch C, Chen Y, Hartley P, Naughton C, Martinez-Velilla N, Stein D, et al. New horizons in hospital-associated deconditioning: a global condition of body and mind. *Age Ageing*. 2024;53(11).

Hospital-associated deconditioning refers to declines in body functions due to hospitalization, with older, frail individuals being most at risk. It often involves muscle mass and function loss, but also includes cognitive declines. While the term suggests reversibility, the long-term effects can be severe. Recent research highlights new interventions and recommends tools like the Frailty Care Bundle for early intervention.

12. Westlake M, Cowley A, Robinson K, Gordon AL. Towards a common definition of hospital-acquired deconditioning in adults: a scoping review. *BMJ Open*. 2025;15(1):e086976.

Hospital-acquired deconditioning (HAD) refers to the loss of physical and/or cognitive function due to hospitalization. Despite numerous reviews on interventions and assessment tools, a consistent definition, and diagnostic criteria for HAD are lacking. This scoping review aimed to identify key components and diagnostic criteria for HAD, highlighting the need for a shared definition to improve understanding and treatment. The review included 103 articles, revealing diverse methodologies and a lack of consistent patterns in HAD's aetiology and sequelae.

Further work is needed to develop a unified definition to better address HAD in clinical practice.

Deconditioning in the residential aged care setting

1. Buckinx F, Libin V, Peyrusqué E, Aubertin-Leheudre M, Bruyère O. Mitigating Deconditioning in Nursing Homes: A Feasibility and Acceptability Study of the PUSH Tool (Promoting the Autonomy through Exercise in Nursing Home). *J Am Med Dir Assoc.* 2025;26(2):105381.

A feasibility and acceptability pilot study was carried out in 3 NHs in the province of Liège, Belgium. the implementation of a pragmatic tool [Promoting the aUtonomy Through exerciSe in Nursing Home (PUSH)]. Study suggests that the PUSH tool could be considered as acceptable and feasible in NH settings.

2. Peyrusqué E, Buckinx F, Kergoat MJ, Aubertin-Leheudre M. Exercise Guidelines to Counteract Physical Deconditioning in Long-Term Care Facilities: What to Do and How to Do It? *J Am Med Dir Assoc.* 2023;24(5):583-98.

This study outlines exercise guidelines for maintaining physical and functional capacities in long-term care (LTC). Key recommendations include at least two 35-minute sessions per week, incorporating various exercise types (balance, flexibility, resistance, aerobics), and breaking up sedentary time with brief activities. Sessions should be personalized to the resident's fitness level and preferences, ensuring safety and enjoyment. Education and motivation of residents, families, and healthcare teams about the benefits of physical activity are crucial for making it a long-term habit.

Further literature of interest

1. Hartley P, Keating JL, Jeffs KJ, Raymond MJ, Smith TO. Exercise for acutely hospitalised older medical patients. *Cochrane Database Syst Rev.* 2022;11(11):CD005955
2. Knight J, Nigam Y, Jones A. Effects of bedrest 1: introduction and the cardiovascular system. *Nursing Times.* 2018;114(12):54-7.
3. Knight J, Nigam Y, Jones A. Effects of bedrest 2: Respiratory and haematological systems. *Nursing Times.* 2018;115(1):44-7.
4. Knight J, Nigam Y, Jones A. Effects of bedrest 3: gastrointestinal, endocrine and nervous systems. *Nurs Times.* 2018;115(2):50-3.
5. Knight J, Nigam Y, Jones A. Effects of bedrest 4: renal, reproductive and immune systems. *Nursing Times.* 2019;115(3):51-4.
6. Knight J, Nigam Y, Jones A. Effects of bedrest 5: the muscles, joints and mobility. *Nurs Times.* 2019;115(4):54-7.
7. Knight J, Nigam Y, Jones A. Effects of bedrest 6: Bones, skin, self-concept and self-esteem. *Nursing Times.* 2019 May 1;115(5):56-9.
8. Morton L, Cogan N, Kornfält S, Porter Z, Georgiadis E. Baring all: The impact of the hospital gown on patient well-being. *Br J Health Psychol.* 2020;25(3):452-73.
9. Suriyaarachchi P, Chu L, Bishop A, Thew T, Matthews K, Cowan R, et al. Evaluating Effectiveness of an Acute Rehabilitation Program in Hospital-Associated Deconditioning. *J Geriatr Phys Ther.* 2020;43(4):172-8.

Additional resources and complimentary campaigns

The Move It May campaign highlights the issue of deconditioning in clinical settings. The campaign resources provide an overview of the issue. If you are looking for additional content to compliment the campaign materials, there are several dedicated deconditioning campaigns and programs operating in other jurisdictions.

Please note that these links are for complimentary campaigns and are not Department of Health resources.

Useful websites for additional materials include:

Programs promoting deconditioning and falls prevention in the home environment

[Stay On Your Feet WA](#)

[Safe Exercise at Home](#)

Programs promoting deconditioning and falls prevention in the clinical environment

[Eat, Drink, Dress, Move](#)

[Eat Walk Engage](#)

[End PJ Paralysis Official Website](#)

[SCGOPHCG End PJ Paralysis](#)

[Video of a Poem performed by patients about End PJ Paralysis](#)

[Brian Dolan Presentation about Deconditioning](#)

[Deconditioning in hospital](#)

Programs promoting being physically active


[Live Lighter Being Active](#)

Appendices


Appendix 1: Consumer exercise information sheets

A series of consumer exercise information sheets have been created to encourage consumers to be active. They are available to access as PDFs on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.

Seated exercises



Government of Western Australia
Department of Health



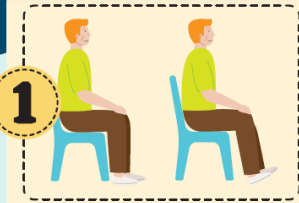
Stay
On Your
Feet WA

5 Simple Seating Exercises

for strength and flexibility


These simple exercises can improve your strength and movement.
Try to complete these daily.
Sit upright in your chair and have your feet flat on the floor.

Make sure the chair is sturdy.
Wear supportive shoes.
Slight soreness the day after exercise is normal.
If you have concerns speak to your GP or medical professional.




1

Heel raises
Slowly lift your heels and lower them. Repeat 10 times.




2

Seated forward punches
Make a fist on both hands. Start at chest height and punch one arm forward, then the other. Repeat 20 times alternating arms.




3

Seated ceiling punches
Make a fist on both hands. Start at your shoulders and punch one arm upwards into the air, then the other. Repeat 20 times alternating arms.



4

Seated marching
Lift your feet off the floor one at a time. Repeat 20 times alternating legs.



5

Knee straightening
Straighten your knee and pull your toes towards you. Hold for 5 seconds then slowly return to the start. Repeat 10 times on each leg.

HINDS HEALTH PARTNERS

Standing exercises

Government of Western Australia
Department of Health

Stay On Your Feet WA

5 Simple Standing Exercises

for strength and flexibility

These simple exercises can improve your strength, balance and coordination. Get on your feet and try to complete these daily. Make sure you have support in front of you like a bench or rail.

Make sure the chair is sturdy.
Wear supportive shoes.
Slight soreness the day after exercise is normal.
If you have concerns speak to your GP or medical professional.

1

Heel raises
Slowly lift your heels and lower them. Repeat 10 times.

2

Standing marching
Raise one leg off the ground, then the other. Repeat 20 times alternating legs.

3

Sideways weight shifting
Stand with your feet hip width apart. Shift your weight side to side. Repeat 10 times on each leg.

4

Sit to stand
Stand up and sit down slowly using the armrests if required. Repeat 10 times.

5

Heel toe stand
Put one foot in front of the other like standing on a tightrope. Bring your feet slightly apart if this is too challenging. Hold for 10 seconds, and then switch legs.

HEALTHYMOVEMENTS 10/25

Laying down exercises

Government of Western Australia
Department of Health

Stay On Your Feet WA

5 Lying Down Exercises

for strength and flexibility

These simple exercises can improve your strength and movement. Try to complete these daily. Make sure you are well supported with a straight posture and relax your breathing.

Make sure the surface you are lying on is supportive and sturdy.
Slight soreness the day after exercise is normal.
If you have concerns speak to your GP or medical professional.

1

Ankle pumps
Bend your foot up and down at your ankle joint, alternate feet. Repeat 10 times for each foot.

2

Heel slides
Slide one heel towards your buttock then control your leg back down. Repeat 10 times each leg.

3

Bridging
Place your feet flat and bend your knees, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off bed. Hold for 2-5 seconds then slowly lower. Repeat 10 times.

4

Static quadriceps
With your leg straight on the bed, push the back of your knee into the bed as you squeeze your quadricep muscle. Hold for 2-5 seconds then relax. Repeat 10 times for each leg.

5

Lying down punches
Start with both elbows bent. Slowly straighten one elbow by performing a controlled "punch" toward the ceiling. Slowly return to start position. Do this with or without weights. Repeat 10 times for each arm.

HEALTHYMOVEMENTS 10/25

Appendix 2: Consumer information sheet and posters

An information sheet and posters with tips on being more active have been created for consumers. They are available as PDFs on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.

Consumer information sheet

Government of Western Australia
Department of Health

Stay On Your Feet WA

Consumers

Move It May

Move it like you mean it!

Physical activity helps keep you physically and mentally strong and will improve your overall wellbeing. Examples include working, getting to and from places, household chores and recreational activities.

The benefits

Regular physical activity reduces your risk of:

- Dementia by 30%
- Heart disease up to 35%
- Hip fractures by up to 68%
- Depression by up to 30%
- All cause mortality by 30%
- Falls and falls-related injuries by 23%
- Type 2 diabetes by 40%
- Colon cancer by 30%
- Breast cancer by 20%

Tips to get moving

- ask your health professional for advice before starting any exercise
- aim for 30 minutes of physical activity a day
- add strength and balance exercises every other day
- some physical activity is better than none
- start with small amounts and gradually build up over time
- do what you can without overstretching yourself
- choose activities you enjoy and find a friend to join and help motivate you.

Ideas for moving

- simple exercises - easy on joints and good to build strength
 - knee extensions
 - mini squats
 - standing marches
 - heel and toe raises
 - wall push-ups
 - sit-to-stand exercises
 - seated arm stretches, leg stretches, star jumps, marches, touches or overhead punches
- walking
 - do a few laps your room, ward, garden or block
- playing with your grandchildren
- hydrotherapy – a low-impact full-body workout, good for the joints
- tai chi – enhance your balance, mindfulness and relaxation
- gentle stretches or yoga – improve your flexibility and balance.

More information

HealthyWA

Stay On Your Feet

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

HEALTHYWA/Consumers/18825

Consumer posters

Hospital poster



Government of Western Australia
Department of Health

Stay On Your Feet WA

Hospitals

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

HEALTHYWA/HOSPITAL/17/25

RACH poster



Government of Western Australia
Department of Health

Stay On Your Feet WA

Residential aged care homes

Move It May

Did you know?

- extended bed rest leads to deconditioning (loss of muscle strength)
- deconditioning can result in reduced strength, weakness and difficulty with daily activities
- it also means more 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



Have you made sure to move 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

HEALTHYWA/RACH/17/25

How To Stay On Your Feet® poster

Government of Western Australia
Department of Health

Stay On Your Feet WA

How To Stay On Your Feet

<p>1</p>  <p>Have your medicines reviewed</p>	<p>2</p>  <p>Wear safe footwear</p>	<p>3</p>  <p>Stay hydrated and eat a balanced diet</p>
<p>4</p>  <p>Ensure you have your glasses and hearing aids</p>	<p>5</p>  <p>Keep active</p>	<p>6</p>  <p>Follow the advice from staff</p>
<p>7</p>  <p>Manage toileting</p>	<p>8</p>  <p>Use your walking aids</p>	<p>For more information</p> <p>Speak to your treating team about any concerns</p>   <p>HealthyWA Stay On Your Feet</p> <p><small>PHOTO: SHUTTERSTOCK/PIETRO</small></p>

Appendix 3: Consumer activity planner

This activity planner aims to help consumers identify more ways to be active in their daily living and is available as a PDF on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.



Activity planner

Name:	Date:			
My health professional:				
Tick the activities you have spent time on in the past, spend time on now, or would like to spend more time on in the future.				
Activity	Past	Now	Future	Comments
Home-based	Puzzles or crosswords			
	Reading – books, newspapers or magazines			
	Gardening			
	Car maintenance			
	Cleaning, washing or ironing			
	Cooking			
	DIY, decorating, restoration or mending			
	Shopping			
	Board, table or card games			

Activity	Past	Now	Future	Comments
Outdoor	Camping			
	Climbing			
	Conservation or farming			
	Fishing			
	Going to the beach, park or river			
	Nature-watching – birds or wildlife			
	Walking, hiking, rambling or horse-riding			

Activity	Past	Now	Future	Comments
Faith	Belonging to a faith community			
	Going to places of worship			
	Prayer or meditation			
	Reading or studying religious texts			
	Rituals or pilgrimage			
	Sacred songs or chanting			

Activity	Past	Now	Future	Comments
Self	Clothes or fashion			
	Diet or nutrition			
	Haircare, nail-care or skincare			
	Mindfulness or meditation			
	Learning or studying			

Activity	Past	Now	Future	Comments
Social	Bowling, darts, pool or snooker			
	Eating out			
	Going out to bars, clubs, pubs or bingo			
	Seeing friends and family			
	Vocation – work			

Activity	Past	Now	Future	Comments
Creative	Cooking ¹			
	Craft ²			
	Creative writing ³			
	Drama ⁴			
	Sewing, knitting or needlework			
	Music ⁵			
	Woodwork, metalwork or construction			
	Technological ⁶			
Art ⁷				

Activity	Past	Now	Future	Comments
Physical	Bowls			
	Cycling			
	Dancing			
	Golf or cricket			
	Racquet sports			
	Team sports			
	Tai chi or yoga			
	Gym			
	Swimming or aqua aerobics			

Activity	Past	Now	Future	Comments
Community	Art galleries and museums			
	Belonging to an interest group			
	Campaigning – political or social activism			
	Car boot or jumble sales			
	Concerts or theatre			
	Day trips or travelling			
	Driving or motorbiking			
	Spectating (watching sports)			
	Caring ⁸			
	Charity work, fundraising or volunteering			

¹ baking/cookie-icing/sugar craft
² jewellery/mosaics/glass-painting/flower craft/paper craft
³ poems/calligraphy
⁴ poems/calligraphy/story-telling
⁵ singing, instruments or listening
⁶ photography, animation, emailing, keep a blog, social networking, video gaming
⁷ painting/drawing/colouring/collage
⁸ children, family, friends, neighbours, older people, pets or babysitting

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



HealthyWA



Stay On Your Feet

Appendix 4: Calendar of moves

This resource has simple exercise ideas to help consumers move more across the month of May. There is a calendar for hospitals or residential aged care homes, and both are available as a PDF on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.

Hospital calendar of moves

Department of Health
GOVERNMENT OF WESTERN AUSTRALIA

Move It May 2025

Hospital calendar of moves

Stay On Your Feet WA

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

RACH calendar of moves

Department of Health
GOVERNMENT OF WESTERN AUSTRALIA

Move It May 2025

Residential aged care home calendar of moves

Stay On Your Feet WA

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 Water the garden or pot plants
4 Mini squats X7	5 	6 Heel raises X7	7 Dance to your favourite song!	8 Toe raises X7	9 Ask your OT or carer to organise a game of mini golf or quoits	10 Wall push-ups X5
11 Walk or wheelchair laps of your room X10	12 Standing marches on the spot X10	13 Leg raises X5	14 Seated arm stretches outside	15 Throw a ball with a friend (see who can catch the most!)	16 	17 Sit to stand X7
18 Ask your physio for arm exercises using light weights	19 Seated leg stretches outside	20 	21 Seated marches X20	22 Ask your physio for exercises using resistance bands	23 Seated overhead punches X10	24 Seated soccer: Kick a ball with a friend see who can stop the most from going through the chair legs!
25 Walk or wheelchair laps of your room X15	26 	27 Seated overhead punches X20	28 Ask your OT or carer to organise a game of lawn bowls or ten pin bowling	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

Appendix 5: Colouring-in activity

Colouring-in is a great way to help consumers be creative and strengthen their fine movement and control. A Move It May-themed colouring-in activity has been created for you to use and is available as a PDF on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.



The poster is a teal-colored sheet with a white border. At the top left is the Department of Health logo for Western Australia. At the top right is the 'Stay On Your Feet WA' logo, which features a stylized figure with arms raised. The main title 'Colouring-in!' is in large, bold, black letters. Below the title is a short paragraph. The poster is divided into four quadrants, each with a black-and-white icon and a text box. The icons represent: 1) two people talking, 2) a person walking and a person in a wheelchair, 3) a heart and a hand, and 4) a shoe and a pair of glasses. The text boxes provide advice related to each icon.

Department of Health
GOVERNMENT OF WESTERN AUSTRALIA

Stay On Your Feet WA

Colouring-in!

Colouring-in is great for creativity, fine movement and control, and you can also learn about why physical activity is important!



Before starting any exercise, speak to your health professional.



Physical activity can help you stay healthier for longer and prevent falls.



Physical activity is good for your heart and helps strengthen your bones.



Wear supportive footwear and your glasses or hearing aids (if you need them).

Visit www.healthywa.gov.au or www.injurymatters.org.au for more information on preventing falls.

Appendix 6: Health professional information sheet and posters

A health professional information sheet and posters have been created for you to use at your healthcare setting. They are available to access as a PDF on the [campaign webpage](#) and the [Move It May SharePoint](#) page for health professionals.

Information sheet

Government of Western Australia
Department of Health

Stay On Your Feet WA

Health professionals

Move It May

Move it like you mean it!

- Physical inactivity is one of the leading risk factors for non-communicable disease mortality.
- Over a quarter of the world's adult population is insufficiently active.
- Up to 5 million deaths a year could be averted by more physical activity.
- Older adults should undertake balance and strength exercises at least 3 times a week.

The benefits

Regular physical activity reduces your risk of:

- Dementia by 30%
- Heart disease up to 35%
- Hip fractures up to 68%
- Depression by up to 30%
- All cause mortality by 30%
- Falls and falls-related injuries by 23%
- Type 2 diabetes by 40%
- Colon cancer by 30%
- Breast cancer by 20%

Promoting physical activity for consumers

Education and promotion leads to increased physical activity for consumers.

In hospital	At home
<ul style="list-style-type: none"> daily mobilisation prevents deconditioning and falls maintain clear pathways for consumers to move encourage consumers to get up and get dressed encourage consumers to sit out of bed for meals and consider the dining room encourage consumers to mobilise to and from the bathroom consider referring to an inpatient physiotherapist for a mobility review, gait aid and/or individualised exercise program educate consumers on the importance of moving and relate this to their goals. 	<ul style="list-style-type: none"> encourage older adults to aim for 30 minutes of physical activity every day, with strength and balance exercises 3 times a week consider a referral to an outpatient physiotherapist, exercise physiologist or personal trainer for an individualised exercise program consider a referral to a local community exercise group or program educate consumers on the importance of exercise, relate this to their goals and everyday functional activities.

Best practice tips

- Encourage consumers to consult a health professional before commencing exercise
- Stay updated on the latest research and recommendations
- Education and promoting long-term change can lead to increased physical activity for consumers (e.g. goal setting, self-monitoring and providing feedback).

More information

HealthyWA

Stay On Your Feet

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

HEALTHYWA/STAY ON YOUR FEET

Posters

Campaign poster



Department of Health
Stay On Your Feet WA

Move It May

Move It May for 2025 is here!

Did you know that deconditioning is a leading cause of falls and contributor to ill health in older adults?

The **Move It May** campaign is back for 2025 to help increase physical activity amongst older adults in hospitals and residential aged care homes (RACHs). Increasing physical activity has many health benefits including falls prevention. There are a range of campaign resources for consumers and health professionals.

Scan the **QR code** below to access resources to help get consumers moving!



For more information and to get involved email Health Networks at healthpolicy@health.wa.gov.au.

Spotify poster



Department of Health
Stay On Your Feet WA

Move It May playlist

How music and dancing can help reduce falls!

Why is physical activity important?

- Helps improve older adults overall strength, balance and wellbeing.
- Can help reduce falls and lower the risk of fall-related injuries.

Why dancing?

- Encourages people to be more active while having fun.
- Helps improve balance, coordination, strength and cardiovascular health.



How can you use this playlist?

- In your classes with adults.
- To find the playlist, open Spotify in your phone, click on 'Search', then click on the camera icon and scan the Spotify code below.



• You can also add song suggestions by scanning the QR code below.



For more information and to get involved email Health Networks at healthpolicy@health.wa.gov.au.

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on request for a person with disability.**

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