

# 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!

