



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