

# Being active is important to prevent hospital associated deconditioning

## What good things could being more active do for you?



Improves walking and movement



Improves muscle strength



Improves the ability to do everyday activities



Keeps the brain and mind working well



May reduce risk of delirium



May reduce length of stay in hospital

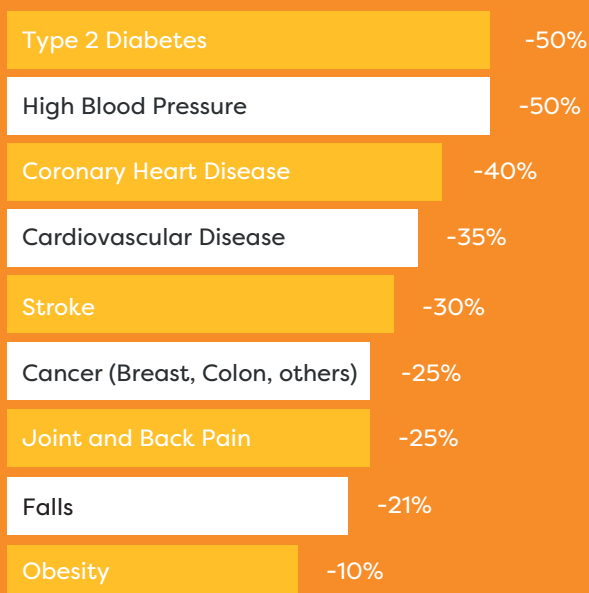


May reduce risk of urinary incontinence



May increase likelihood of being discharged home

Being physically active reduces your risk of developing these health problems:



How can being active reduce the risks?



You do more activity when in hospital



You are more active upon discharge

Your sleep, immune system and mood improves

You feel less tired

Everyday tasks and activities become easier

## Top tips for physical activity whilst in hospital

- 1** Start by being more active around meal times, then build to be active hourly with seated, standing or bed-based movements
- 2** Set achievable goals, discuss these with the healthcare staff, family and friends
- 3** Build up activity gradually and start gently
- 4** Start your day dressed, try to have a routine like you would at home
- 5** Break up periods sitting or being in bed by short periods of moving activity
- 6** Try and be active when friends and family visit, for example visit a dayroom or go for a walk. Always check with ward staff first.
- 7** Being more active helps to promote confidence, keeps the brain active, prevents physical decline and give some purpose to your day
- 8** Try to wash and dress yourself where you can
- 9** Where able aim to walk to the toilet rather than use the com-mode
- 10** Eat well to build energy to help stay active - protein builds muscle

## Build activity into everyday life:

