## Movement is Good Medicine!

Bed rest can lead to negative outcomes

Heel slides

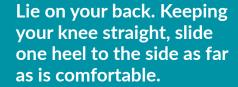
Lie on your back. Bend one knee and slide your foot back towards your buttocks.

Sitting in a chair, lift your right leg and then your left leg.

Chair march



Hold armrest of your chair. Slowly stand feeling the weight through your feet.



Hip slides



Keep your arms on your sides. Raise your shoulders up towards your ears, then lower back down.

Move your body at least 3 times a day!

Ask your care team for assistance.



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