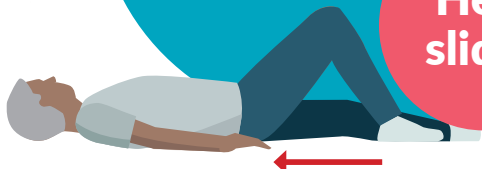


# Movement is Good Medicine!

Bed rest can lead to negative outcomes

## Heel slides

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



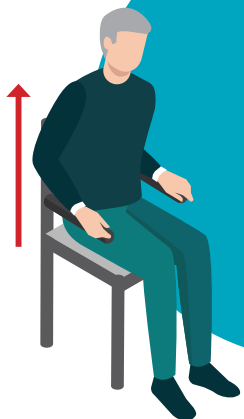
## Chair march

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



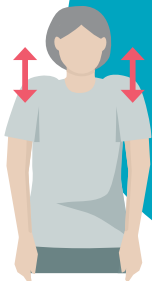
## Sit up or stand up

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



## Hip slides

Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.



## Shoulder shrug

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.