

# Benefits of getting out of bed while in hospital



## Skin

- Getting out of bed can help prevent bed sores

## Lungs

- Improved breathing
- Improved ability to up secretions
- Improved ability to



## Nutrition

- Improved appetite
- Less risk of choking when eating



## Brain

- Improved mood
- Improved sleep



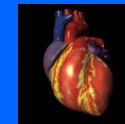
## Muscles/Bones

- Less weakness
- Prevents loss of strength
- Less pain in joints



## Heart

- More stable blood pressure



## Strategies

- Sit up for all your meals
- Sit up in a chair when you have visitors
- Walk around the unit either with help or if able to do so by yourself
  - Do bed exercises on your own throughout the day

*If you are not sure what you are safe to do, ask a member of your healthcare team.*