



# Move It May

Did you know? In residential aged care:

- 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 will help you:

- feel better
- maintain your independence
- reduce your risk of falls
- increase strength and fitness
- improve your sleep and appetite
- stay healthy and well.

Let's get moving.

For more information please speak to your health professionals.