

My Get Moving Passport

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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This passport belongs to: _____

Ask a member of your health care team how you can move more during your hospital stay.

Questions for my health care team:

Use this passport to track your activities and progress during your hospital stay. Check off each activity as you do it.

Week: _____

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Get up							
Get dressed							
Get moving							
Stay moving							
Do things you enjoy							

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My Get Moving Passport

- Studies show that you can lose up to 5% of your muscle strength for each day you stay in bed.
- People who are more active while in the hospital tend to recover quicker and have shorter stays.
- Benefits of being active include:
 - › Better breathing
 - › Less dizziness
 - › Better sleep
 - › Less confusion
 - › Better mood
 - › Less joint pain
 - › Less risk of choking
 - › Less muscle weakness
 - › Better appetite (feeling hungry)
 - › Less risk of falling
 - › Less constipation (not being able to poop)
 - › Lower chance of pressure injuries (bedsores)
 - › Stable blood pressure
 - › Better ability to fight infections
- During your hospital stay, your health care team will work with you to make sure you stay active.
- **Every bit of activity can help to keep you healthy.** Use the activity suggestions in this passport to help you move more.



Get up

- Sit on the edge of your bed often.
- Sit up in a chair:
 - › when doing tasks.
 - › when doing an activity you enjoy (like reading or watching TV).
 - › when you have a visitor.



- **Do not** eat in bed. Try to sit up for 30 minutes (half an hour) after each meal.
- Move before or after all meals. For example, get up to get a drink.

Get dressed

- **Helping with your personal care is a good way to add activity to your day.** Ask your support person to bring your clothes, shoes, personal care items (like a comb or a hair brush, a shaver), and/or walking aids (like a cane or a walker) to the hospital so you can keep doing these things:

- › Take a shower, bath, or sponge bath
- › Brush your teeth
- › Comb your hair
- › Shave
- › Get dressed
- › Put on your socks and shoes



Get moving

- Try getting up to:
 - › use the bathroom.
 - › move to a bedside commode (portable toilet).
 - › use a bed pan.

Stay moving

- As you get older, your ability to move and how you move may change. Any movement (like walking or moving from your bed to a wheelchair) can help to keep you healthy.
- Try moving outside of your room at least 1 time a day. For example, walk up and down the hallway or around the hospital unit.

Do things you enjoy

- This can improve your mood. For example, try:
 - › saying hello to staff on the unit.
 - › checking out the common areas on the unit.
 - › visiting the cafeteria with a support person or a volunteer.
 - › going to find the newspaper on the unit.