Get up, get moving
How to help your recovery in hospital

Active Wards

NHS Greater Glasgow and Clyde

Eat and drink regularly throughout the day

Change your position regularly even if you are in bed or in your chair

Tell us how we can help, tell us if you are in any pain

Get washed and dressed, wear your own clothes and comfortable shoes

Get out of bed and sit in your chair for meals

Work with everyone involved in your care to achieve your goals

Complete exercises provided and participate in activities offered

For more advice and support on keeping active, please ask staff.

Being physically active can:

- Increase balance and confidence
- Make your bones stronger
- Help maintain a healthy weight
- Improve your mood
- Reduce risk of stroke and diabetes
- Reduce tiredness and fatigue
- Make your heart stronger
- Increase muscle strength & flexibility

Excessive bed rest can cause:

- Muscle weakness and wasting
- Tiredness
- Delirium and confusion
- Bed sores
- Blood clots
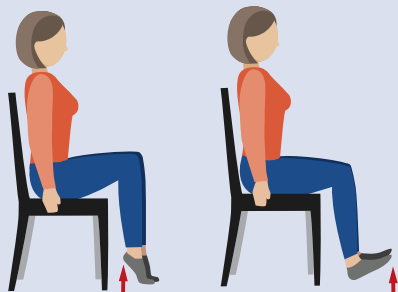- Increased risk of falls
- Reduced confidence
- Infection

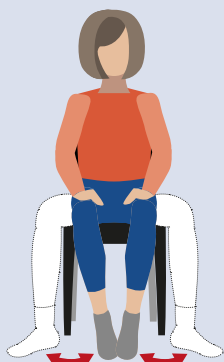**Heel raises and toe taps**
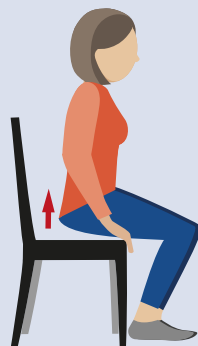
Knee bends and leg kicks

Seated marching

Arm reaching

Step outs

Stand ups (if able)

Other ideas to keep active:

If you're able to walk by yourself, move around the ward as you please – some wards have a day room, a garden or an 'exercise alley' you could visit. If you're unable to walk by yourself, ask a member of staff to help you. Maybe you could walk with a family member?

Do you have a pedometer or step counter on your phone? Set some targets for the day or even the week…

- The length of this ward is ~ …………………   steps
- Buchanan Street top to bottom ~ 1000 steps
- Botanic Gardens to Kelvingrove Museum ~ 2500 steps
- Glasgow Green to Pollock Park ~ 10 000 steps

Online resources and exercise videos:

NHS GGC stay active, stay steady - seated exercises

NHS GGC basic bed exercises

NHS GGC stay active, stay steady - standing

NHS Fitness Studio exercise videos