

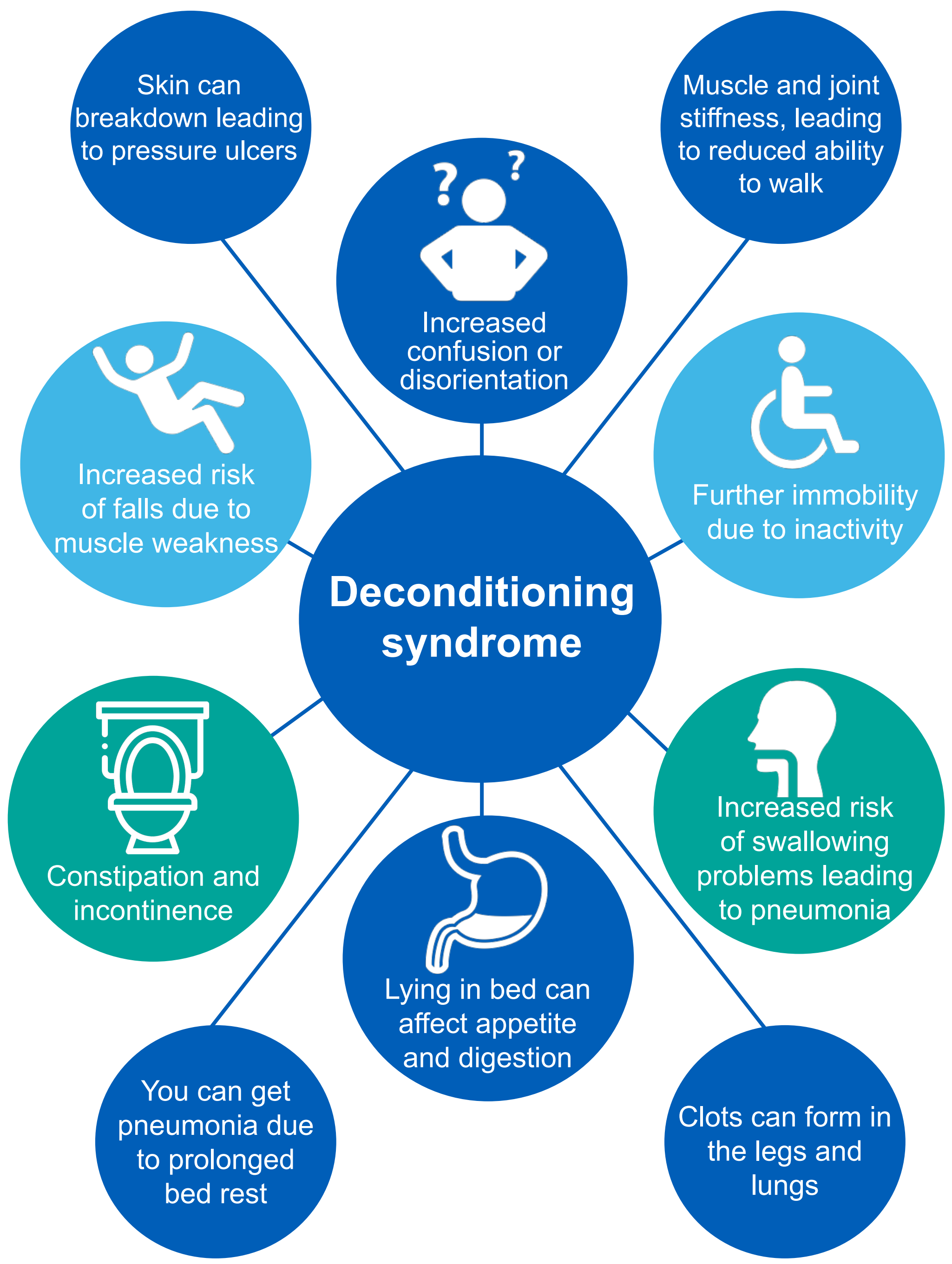
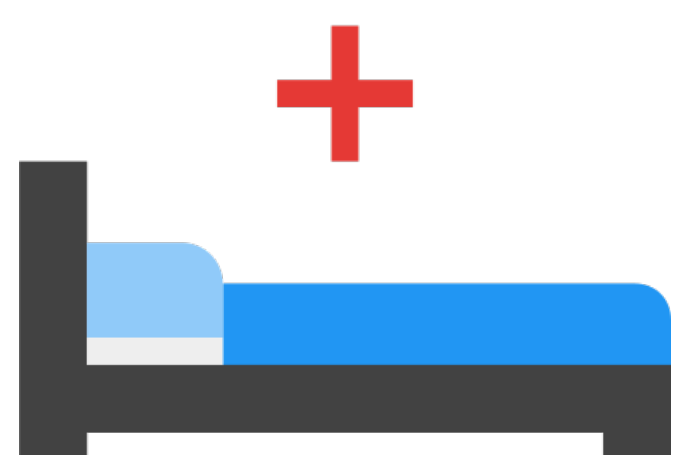
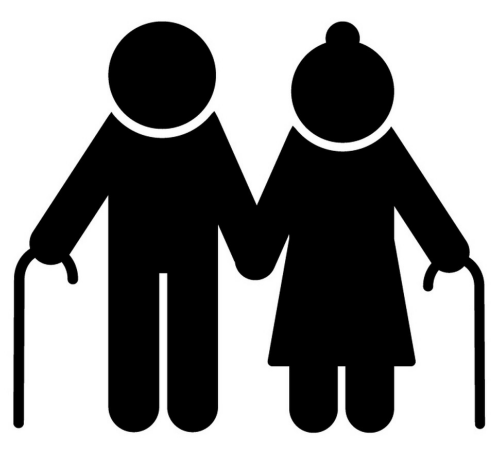
Sit Up

Get Dressed

Keep Moving

Prolonged bed rest in older people can lead to substantial loss of muscle strength and physical activity

When an older person comes into hospital and lies in bed it can affect their physical and psychological functional abilities



#SitUpGetDressedKeepMoving