## Move Toward Recovery



Your care team is here to help you heal, which includes helping you stay upright and active. Together, you will set a mobility goal each day to reach your highest level of mobility.

## Move Near Your Bed



Stand beside bed



Put on clothes



Move to chair



Eat in chair

## Move Around the Room



Walk to bathroom



Brush teeth in bathroom



Increase how often you walk



Walk around prior to eating meals

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