

Did you get out of bed today?



Staying active and upright is essential to your recovery. If you are able to move from the bed and walk around your room, try these activities to stay mobile.



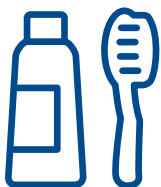
Stand beside bed



Move to chair



Eat in chair



Stand while brushing teeth

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