

# MOBILITY MATTERS



Exercise and moving are important parts of your recovery.

**Why  
should  
every  
BODY  
move?**

**To decrease your risk  
for blood clots**

**To reduce the  
chance of bed sores**

**To reduce the risk  
of constipation**

**To improve your  
appetite and mood**

**To prevent infections**

**hopkinsAMP.org**



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