

# Did you walk around the room today?



**Staying active and upright is essential to your recovery.** If you are able to walk small distances, try these activities in your room:



Walk to  
bathroom



Brush teeth in  
bathroom



Walk to and  
from door



Walk to door prior  
to each meal

[bit.ly/everybodymoves](https://bit.ly/everybodymoves)



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