

Did your patient **walk** around the room today?



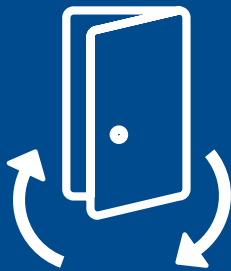
If your patient is able to walk small distances, encourage them to try these activities in their room:



**Walk to
bathroom**



**Brush teeth
in bathroom**



**Walk to and
from door**



**Walk to and from
door prior to
each meal**

bit.ly/everybodymoves



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