

COVID-19: *Move Toward Recovery*



Your care team is here to help you heal from COVID-19, which includes helping you stay 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

