

MOBILITY MATTERS

Recovering From COVID-19



We know you don't feel well and want to rest, but total rest isn't the best for you. 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



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