

MOBILITY MATTERS RECOVERING FROM COVID-19



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



This document, created by Johns Hopkins Activity and Mobility Promotion, is licensed under a Creative Commons Attribution-Non Commercial-NoDerivs 4.0 International License. To view a summary of license, please access <https://creativecommons.org/licenses/by-nc-nd/4.0/>