



Insert logo here

**Get up  
Get dressed  
Get moving**



**How many times have you moved today?  
Moving helps you to:**



**Keep your  
independence**



**Get your  
energy back**



**Feel  
better**



**Get you  
home sooner**

**Get up, Get dressed, Get moving:**

- Wearing pyjamas says you are unwell
- Getting dressed says you are getting better