

# 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

