

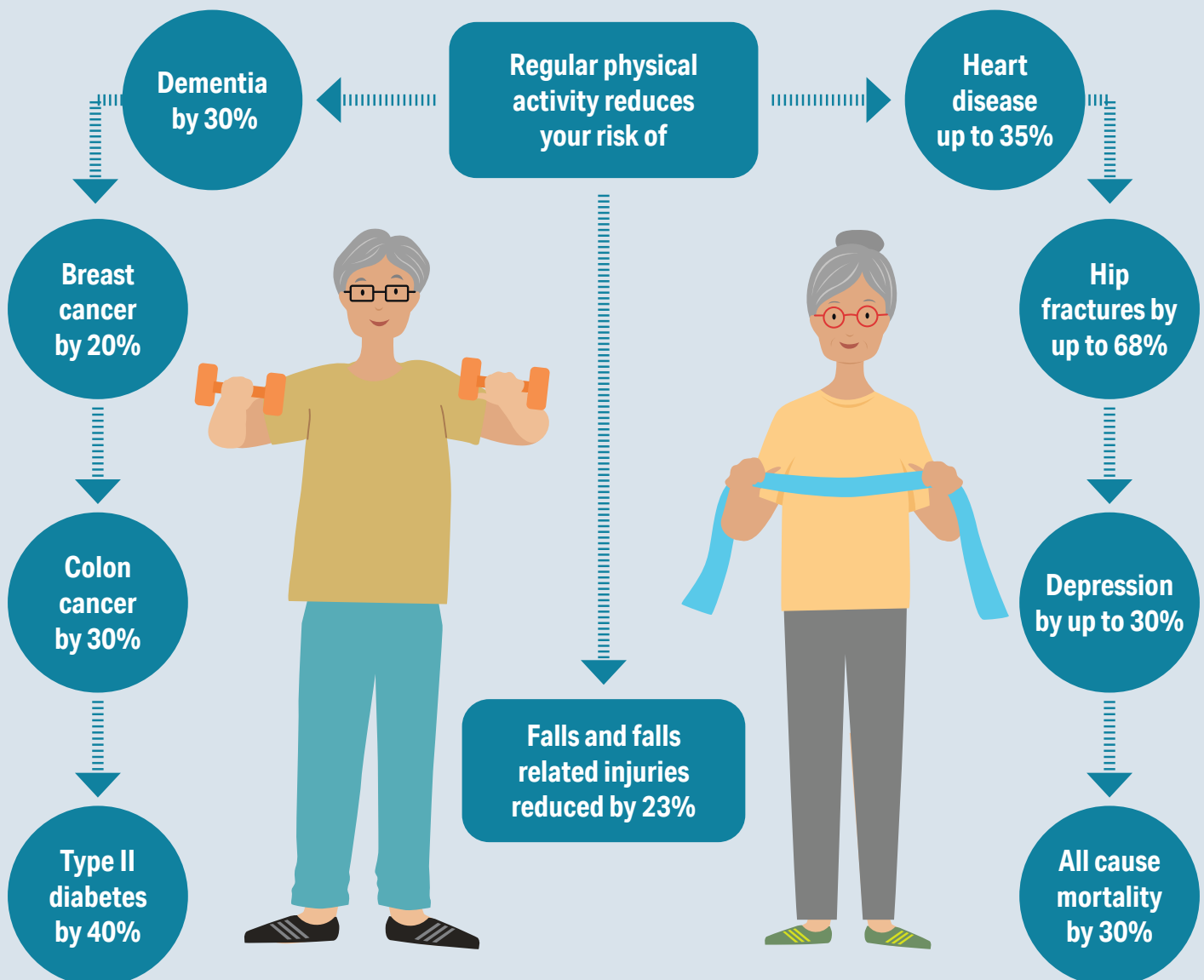


Move It May

Move it like you mean it!

- Physical inactivity is one of the leading risk factors for noncommunicable disease mortality.
- Over a quarter of the world's adult population is insufficiently active.
- Up to 5 million deaths a year could be averted by more physical activity.
- Older adults should undertake balance and strength exercises at least 3 times a week.

The benefits



Promoting physical activity for patients

Education and promotion leads to increased physical activity for patients.

In hospital	At home
<ul style="list-style-type: none">• daily mobilisation prevents deconditioning and falls• maintain clear pathways for patient to move• encourage patients to get up and get dressed• encourage patients to sit out of bed for meals and consider the dining room• encourage patients to mobilise to and from the bathroom• consider referring to an inpatient physiotherapist for a mobility review, gait aid and/or individualised exercise program• educate patients on the importance of moving and relate this to their goals.	<ul style="list-style-type: none">• encourage older adults to aim for 30 minutes of physical activity every day, with strength and balance exercises 3 times a week• consider a referral to an outpatient physiotherapist, exercise physiologist or personal trainer for an individualised exercise program• consider a referral to a local community exercise group or program• educate patients on the importance of exercise, relate this to their goals and everyday functional activities.

Best practice tips

- Encourage patients to consult a health professional before commencing exercise
- Stay updated on the latest research and recommendations
- Education and promoting long-term change can lead to increased physical activity for patients (e.g. goal setting, self-monitoring and providing feedback).

More information

- For patients and residents:
health.wa.gov.au/Articles/F_I/Falls-prevention-and-management-in-WA
- For individuals in the community:
injurymatters.org.au/programs/stay-on-your-feet

