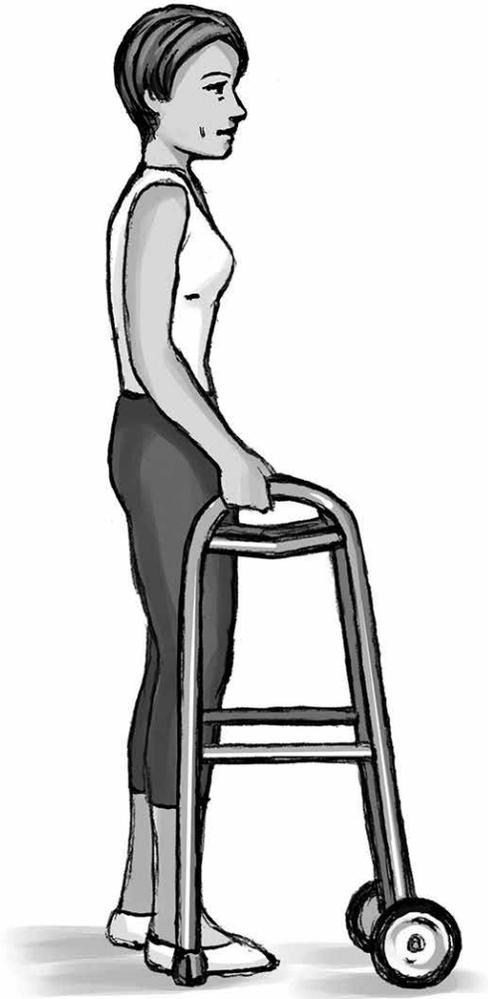


Walking



- Walking 2 to 3 times each day is very important for your mental and physical health.
- Try to walk to the bathroom and in the hallway as much as you can during your hospital stay.
- Your health care team will tell you what type of help you should have while walking.
- Try to sit in your chair or on the side of your bed for all your meals.

Prepared by: Physiotherapy

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The information in this pamphlet is to be updated every 3 years or as needed.