

## Advice on how to increase physical activity for patients discharged from hospital

# BE MORE ACTIVE FOR PHYSICAL AND MENTAL RECOVERY

Whilst in hospital most people move about less than normal. This can result in them feeling weak and sometimes more unsteady on their feet when they leave hospital and return to their own home. This is normal and due to a loss of muscle that occurs with a lot of bed rest or sitting. It is important to rebuild muscles as soon as possible after illness and being active helps people recover both physically and mentally.

### What can you do to help yourself recover?

It is important to move around and do normal activities as much as possible. Sitting for long periods is not good for your health so regularly stand up and move around or do an exercise. We have put together a list of resources which will give you (and anyone you live with) lots of tips and guidance on how to be as active as possible. You may feel more tired than usual and may have some breathlessness. Pace yourself and do a little more each day.

### Resources to help your recovery

We have put together a list of resources which may help you (and/or others you live with) to become as active as possible and to do this safely in your home. There is also some specific information on coping with breathlessness and anxiety. These resources are all online. If you do not have access to the internet we hope you can ask a family member, neighbour or voluntary support group to print some of the resources for you.

To access all the links listed below go to: [www.csp.org.uk/keepactive](http://www.csp.org.uk/keepactive)

### *Movement and Activity Videos and Live Online Videos*

**Make Movement your Mission and ICAN Calendar** - LIVE online 10-15 minute activity snacks for older people or those who have been less active and want to ease back into movement and activity - Facebook - <https://bit.ly/2QMDDPF> (or search for Make Movement your Mission) at 8am, 12 noon and 4pm every day of the week. After the live session the videos are available on the same Facebook page to view. Also available on YouTube - <https://bit.ly/3apxPnc>.

**10Today** - 10 minute activity sessions on the radio and on TV - <https://10today.co.uk/tune-in/>

**Royal Osteoporosis Society** - Online videos for people with osteopenia, osteoporosis, or who have had spine fractures - <https://bit.ly/3bvml1C>

## *Movement and Activity Leaflets*

**Being Active with a Long Term Condition** - The Chartered Society of Physiotherapy have some online advice for many different conditions - <https://bit.ly/3bBzp5H>

**NHS Physical Activity Guidelines and tips for older adults** - They have a series of downloadable leaflets of exercises to help flexibility, strength and balance - <https://bit.ly/2xtGAhp>

**iCAN Calendar** - a diary and a prompt to do daily mobility activities to maintain physical function - <https://bit.ly/LLTcalendar>

**AgeUK Healthy Living** - This guide has practical tips for looking after yourself physically and mentally - <https://bit.ly/3athtU>

**AgeUK Staying Steady** - This guide has practical tips for keeping active and reducing risk of a fall - <https://bit.ly/3dkJeiE>

**Royal Osteoporosis Society** - Online exercise leaflets for people with osteopenia, osteoporosis, or who have had spine fractures - <https://bit.ly/3bvml1C>

## *Managing Breathlessness*

**How to cope with being breathless** - <https://bit.ly/3bJttrt>

**Energy Conservation** - <https://bit.ly/39s2sa8>

**Breathing exercises** - <https://bit.ly/3arhbDM>

**Being active with a respiratory condition** - <https://bit.ly/3bwK7Kz>

## *Importance of Hydration and Nutrition*

**Guide to good nutrition and hydration** - <https://bit.ly/2QY3V1D>

**Nutrition and hydration advice for carers** - <https://bit.ly/2ymXmPX>

## *Specific Corona Virus information*

**Top Tips: Staying well when social distancing** - <https://bit.ly/39ulm0k>

**Coping with stress during the 2019-nCoV outbreak** - <https://bit.ly/2ycBBlw>

**Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty** - <https://bit.ly/3dJ7SBg>

**Every mind matters** - Expert advice and practical tips to help you look after your mental health and wellbeing - <https://bit.ly/39yOnrD>

**Nutrition and dietary issues during COVID-19** - <https://bit.ly/2UKNaYN>

## *Specific Information for Carers*

**Carers UK website** - <https://www.carersuk.org/>

**Healthy Ageing and Caring** - <https://bit.ly/3dDjNiO>

## *Other potential sources of support*

There are other resources available in the media, including television, radio and daily newspapers. Keep an eye out for these. For example, many TV and radio channels are offering movement and exercise sessions.