

YOUR MUSCLES: **If you don't use them, you will lose them!**

The Government advises everyone aged 70 and over to stay at home to reduce the risk of catching the Coronavirus (COVID-19). During this time it is important to stay active and healthy.



GET UP

GET DRESSED

GET MOVING

- Get out of bed at your normal time
- Staying in bed causes muscles to become weaker

- Change into your day clothes
- Wear comfortable, supportive shoes or slippers

- Get up and move around every hour, or when your TV show ends
- Put some music on and have a sing or dance
- Get out into the garden
- Walk up and down the stairs



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