

# Move It May activity ideas for hospitals

Move It May aims to help consumers move more to reduce their likelihood of falls.

Below are some activity ideas to do on your ward that encourage consumers to move more and be active:

- strengthening exercises
- yoga or tai chi
- walking
- hydrotherapy
- colouring-in activities
- lap of the ward with activity stations
- visual display for consumers and visitors.



**Please ensure that any exercise or activity is within the consumer's ability.**

You can also encourage family, friends and carers to take part.

For more information email Health Networks at  
[healthpolicy@health.wa.gov.au](mailto:healthpolicy@health.wa.gov.au)