

Move It May activity ideas for health professionals

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 or at your residential aged care home that aim to increase health professionals' awareness of deconditioning and falls prevention:

- print out copies of the Move It May information sheets
- create a visual display on deconditioning
- spread the word and encourage others to get involved in Move It May
- plan Move It May activities as a team
- arrange a presentation on deconditioning
- share videos on deconditioning and falls prevention
- host a morning tea to raise awareness of Move It May
- join in with consumer activities.



For more information email Health Networks at
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