

Move It May

Move It May for 2026 is here

Did you know?

Deconditioning is a leading cause of falls and contributor to poor health in older adults

Deconditioning is the gradual loss of physical strength and mobility caused by inactivity. Increasing physical activity has many health benefits including falls prevention.

The **Move It May campaign** is back for 2026 to help increase physical activity amongst older adults in hospitals and residential aged care homes.

There are a range of campaign resources for consumers and health professionals.

Scan the **QR code** below to access resources and help get consumers moving.

