

Reasons to Get Up Out of Bed

How exercise and bed rest affect your body



Health Benefits

- **Walking 5 days a week:**
 - 20 minutes → 43% fewer sick days
 - 30 minutes → risk of heart disease cut in half.
- **Walking can:**
 - Lower stress, cholesterol, and blood pressure
 - Improve your mood
 - Prevent anxiety and depression



Fight Fatigue

- 90% of cancer patients have **fatigue**.
- **Too much bed rest** makes fatigue worse.
- The best way to feel energized is to **be active and get exercise!**



Risks of Staying in Bed

- **Muscle loss: 2-5% per week**
- **Fluid buildup** in your abdomen
- **Higher risk of:**
 - Lung infections
 - Blood clots
 - Dizziness and dehydration



Prepare for Surgery

- Walking helps you meet **daily activity goals**.
- Stronger body → **faster recovery**