

# 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**