



**Your recovery starts here:
Eat, Drink, Dress, Move!**

Building healthier lives

UHB is a no smoking Trust

Staying in bed for long periods of time can cause unwanted effects including weakness, muscle loss, constipation and malnutrition. But don't worry – there's a way to fight back!

Eat, Drink, Dress, Move has easy tips to help you stay strong, nourished and active, even while you're recovering.

Eat well to feel well

- Eat little and often, regular snacks
- Alternative food choices
- Sit out for meals in a good position



Not having enough nutrients can lead to more health problems, slower recovery, reinfection and lower mood.

Every sip counts

Staying hydrated helps to reduce risk of falls and helps you recover quicker.



It's a good idea to drink regularly throughout the day, even if you don't feel thirsty. You should aim to drink 6–8 cups per day. This can be tea, coffee, squash, milk, juice or water.

Some people have specific requirements for the consistency of their food and drinks. Check with the Speech and Language Therapy team if you are unsure.

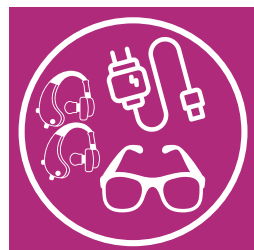
Your style, your comfort

Getting dressed in your own clothes can boost your mood and help you feel a little more like you. This change can speed up recovery and reduce how long you stay in the hospital. So, let's get dressed and feel great!



How you and your visitors can help

- Bring your own comfortable clothes
- Bring your own toiletries
- Bring appropriate footwear
- Don't forget the essentials



Move to improve

Staying in a hospital bed for just one day can reduce your muscle strength by 2–5%.



Help us to help you!

Keep physically active while you are on our ward, to get the most out of your recovery.

Top tips – small steps, big benefits

- Sit up out of bed if possible
- Do simple exercises
- Engage with others
- Walk to the bathroom (with support if needed)

By following these tips, you can support your recovery while in hospital.



Need some inspiration?



Straight leg raises



Knee to chest



Seated bicep curls



Seated shoulder press

If you're not sure if you should be completing these then please ask a healthcare professional.

Helpful information

Deconditioning The Risk is Real



UHB's video on Eat, Drink, Dress, Move!



Age UK advice line telephone number:
0800 055 6112

How did we do? 😊 😐 😞

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Inpatient Services

University Hospitals Birmingham
NHS Foundation Trust
