

Reasons to Get Up and Out of Bed

How bed rest affects your body

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Health Benefits of Walking

- People who walk for 20 minutes a day, 5 days a week have **43% fewer sick days** than those who exercise once a week or less.¹
- Walking for 30 minutes a day, 5 days a week reduces the risk of heart disease by half.
- Walking can **reduce stress, cholesterol, and blood pressure.**
- Walking triggers *endorphins*, which increase feelings of wellbeing.
- Walking also promotes relaxation and can **help prevent anxiety and depression.**



Preparing for Your Transplant



- You may need to meet a minimum level of daily activity before you can receive a transplant.
- Improving your strength and cardio-respiratory reserve can help you recover after transplant.

What happens on bed rest?

- **On bed rest, muscle mass decreases by:**
 - 2 to 4% a day in critically ill patients, and
 - 4 to 5% a week in healthy patients³
- After lying flat for 24 hours, up to 1 liter of fluid can begin to pool in your chest and abdomen.
- To reduce the fluid, your body will begin to need to urinate frequently. This can cause **dehydration and a drop in blood pressure**, and **dizziness** when you get up.
- Extra fluid can get into your lungs and turn into mucus. This puts you at risk of **lung infections.**
- Bed rest makes your blood thicker because it is not moving through your system very quickly, which **increases your risk of getting a blood clot.**

Cancer-related Fatigue

- **Bed rest will not help you regain energy.** In many cases, too much bed rest can make fatigue worse.
- 90% of those receiving cancer treatment experience fatigue.²
- This fatigue is due to cancer treatment side effects, and the cancer itself. It often does not improve after resting.
- One of the best ways to improve your energy level is to **be active and exercise.**

