



# Eat, Drink, Dress, Move

## Eat

Eating well helps you recover sooner and helps you to get home

Try and eat something at every meal

Try some milk, creamy soups and puddings

Keep on snacking

## Drink

Staying hydrated helps you to stay well

Have a drink whenever you're offered these, water, milk, tea or coffee

Ask for more and keep sipping

## Dress

Getting dressed in your own clothes helps you feel more like yourself

Ask your friends and family to bring in your day clothes and footwear

Get dressed or ask the nurses to help you into your own clothes

## Move

Moving around helps you feel more confident, makes you feel better and helps to build your appetite

Work with us when we come to get you moving

Walk with family and friends, ask us for help and use walking aids if you need them

## Friends and Family, We Need You!

**EAT** - Bring in snacks your relative or friend enjoys eating and encourage them to eat something when you visit. Please check with nursing staff what would be suitable

**DRINK** - Prompt your relative or friend to have a sip or a drink when you are with them. Check with nursing staff what drinks are suitable

**DRESS** - Bring in regular day clothes and footwear and walking aids if needed

**KEEP MOVING** -Ask the nurses if your relative or friend can go for a walk. Walk with them around the bay and corridor



Building healthier lives

#eatdrinkdressmove

