

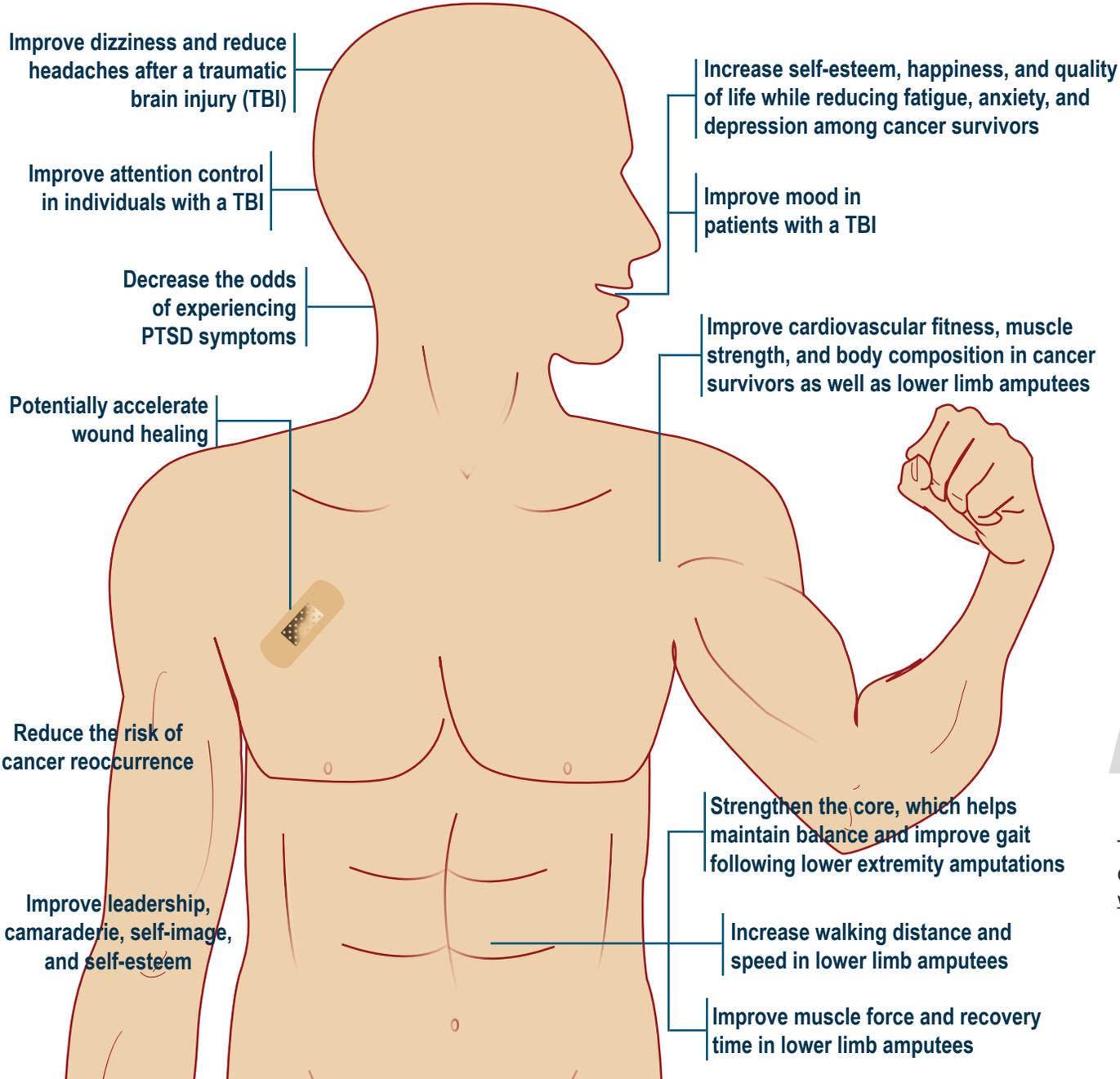


Benefits of Physical Activity for the Wounded, Ill and Injured

Whether you are recovering from a wound, illness, or injury exercise may be just what the doctor ordered!

HPW-000007

PHYSICAL ACTIVITY CAN...



GET STARTED

First talk to your healthcare provider to determine what type of physical activity is right for you.

Work with a physical therapist or rehabilitation specialist to develop core strength, balance, and functional movement.

Try fishing, swimming, golfing, walking, or cycling.

Get outside and do some gardening, or head out in a canoe or kayak.

Talk to a fitness specialist at your gym. Most fitness centers have something for everybody.

To learn more about how you can increase your physical activity during recovery, and for a complete list of references, visit: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/References-Benefits-of-Physical-Activity.aspx>



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