

Day of Week	Total steps	Total distance
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



We would like to hear your feedback

Did you find this leaflet helpful?

How can we improve?

Return/email suggestion to
Claire.noonan@tuh.ie



Tallaght
University
Hospital

An Academic Partner of Trinity College Dublin

Ospidéal
Ollscoile
Thamhlachta

WALK
YOUR WAY
HOME

Track
your
progress

PLAY YOUR PART



Walking Your Way Home Campaign?



As soon as you are admitted to Hospital we are planning your discharge home. You can play your part in that journey by staying active during your stay.

It is important to keep moving so you do not lose any muscle mass so you keep the level of mobility you came into hospital with. Spending ten days in bed can age your muscles by 10 years. This loss of strength could be the difference in living independently or needing more help with your daily activities.

If you start moving as soon as possible you can prevent losing some of your strength.

There are a number of things you can do each day during your stay in Hospital:



Get up and dressed in your own clothes during the day



Take some short walks during the day on your ward or around the Hospital

Walking from TUH to:

Aylesbury	2.6km
Belgard	3.5km
Clondalkin	4.3km
Citywest	3.9km
Fettercairn	2.4km
Firhouse	3.8km
Jobstown	3.0km
Killinarden	3.0km
Kingswood	4.2km
Lucan	11km
Rathfarnham	7.1km
Rathcoole	7.8km
Saggart	5.9km
Springfield	1.3km
Templeogue	5.1km
Terenure	7.6km



Download pedometer
'step-counter' app to track your steps
helping you to

'WALK YOUR WAY BACK HOME'

Walking around TUH:

Distance from:

- Nurses station to Ward door: **0.027km**
- from lift to Lynn & Maguire Ward: **0.086km**
- from lift to Franks, Webb & Lane Ward: **0.073km**
- from lift to Ruttle & Ormsby Ward: **0.043km**
- from lift to Burkitt & Gogarty Ward: **0.045km**
- from lift to Osbourne Crampton ward: **0.073km**
- From lift to WSU: **0.11km**
- from lift to shop: **0.011km**

