Heal Better Feel Better

for Patients with Frailty

You have the power to heal better and faster.

WHAT IS FRAILTY?

Frailty means it's harder for your body to bounce back from big stresses like surgery.

People living with frailty might notice:

- **Feeling Tired**
- **Struggles with Balance**
- **Weight Loss Without Trying**

Frailty can make your **recovery slower** and complications like **infections and longer hospital stays more likely.**







You can heal better by focusing on 3 things:

1

Add Movement

10–15 mins of movement daily can improve healing.

2

Eat More Protein

At least 50g of protein per day to rebuild muscle and stay strong.

3

Plan for Support

Support from trusted people can help you heal better and faster.

Healing looks different for everybody.
Talk with your care team about what's safe and can help you heal better after surgery. Find more tips and tools at **www.heal-better.org/frailty**