

# Prehabilitation

## Ready, set, surgery

**Prehabilitation (prehab) helps you prepare your body and mind for surgery. It gives you support and information to help you:**

- ✓ Feel stronger
- ✓ Reduce feelings of worry
- ✓ Go home from the hospital sooner
- ✓ Heal and recover more quickly
- ✓ Get back to doing what is important to you sooner



### FEELING READY

Managing stress and daily routines before and after surgery



### BEING ACTIVE

Moving more, building strength and participating in activities you enjoy



### EATING WELL

Knowing what foods will help your body prepare and recover



### LIVING WELL

Developing habits to improve health and wellbeing

Visit [ahs.ca/prehab](https://ahs.ca/prehab) to learn more.

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Questions?  
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