Physical Activity for Disabled Adults

Make it a daily habit

Disabled adults

Physical activity makes you feel good

Give things a go and enjoy what you do

Don’t be still for too long

Even a little movement is better than nothing

Being inactive is harmful to health

Creates opportunities to meet new people and feel part of the community

Improves mental health and quality of life

Makes maintaining a healthy weight easier

Helps to prevent chronic disease

Improves mobility and balance

Strengthens muscles and bones

Improves fitness

Makes daily tasks easier and increases independence

Improves mental health and quality of life

Makes maintaining a healthy weight easier

Creates opportunities to meet new people and feel part of the community

Improves mental health and quality of life

Improves mobility and balance

Improves fitness

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Do strength and balance activities on at least two days per week

Remember the talk test:

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity