Physical Activity for Disabled Adults

Make it a daily habit

- 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
- Makes daily tasks easier and increases independence
- Helps to prevent chronic disease
- Improves mobility and balance
- Improves fitness
- Strengthens muscles and bones

Disabled adults

Physical activity makes you feel good
Give things a go and enjoy what you do

Being inactive is harmful to health

Don’t be still for too long
Even a little movement is better than nothing

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

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

Remember the talk test:
Can talk, but not sing = moderate intensity activity
Difficulty talking without pausing = vigorous intensity activity

UK Chief Medical Officers’ Physical Activity Guidelines, 2019