Physical Activity for Disabled Adults

- Make it a daily habit

Disabled adults

- 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
- Strengthens muscles and bones
- Improves fitness
- Improves mobility and balance

Physical activity makes you feel good

Being inactive is harmful to health

Don’t be still for too long

Even a little movement is better than nothing

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


This document has been replaced with a newer version. Go to: https://www.gov.uk/government/publications/physical-activity-guidelines-infographics