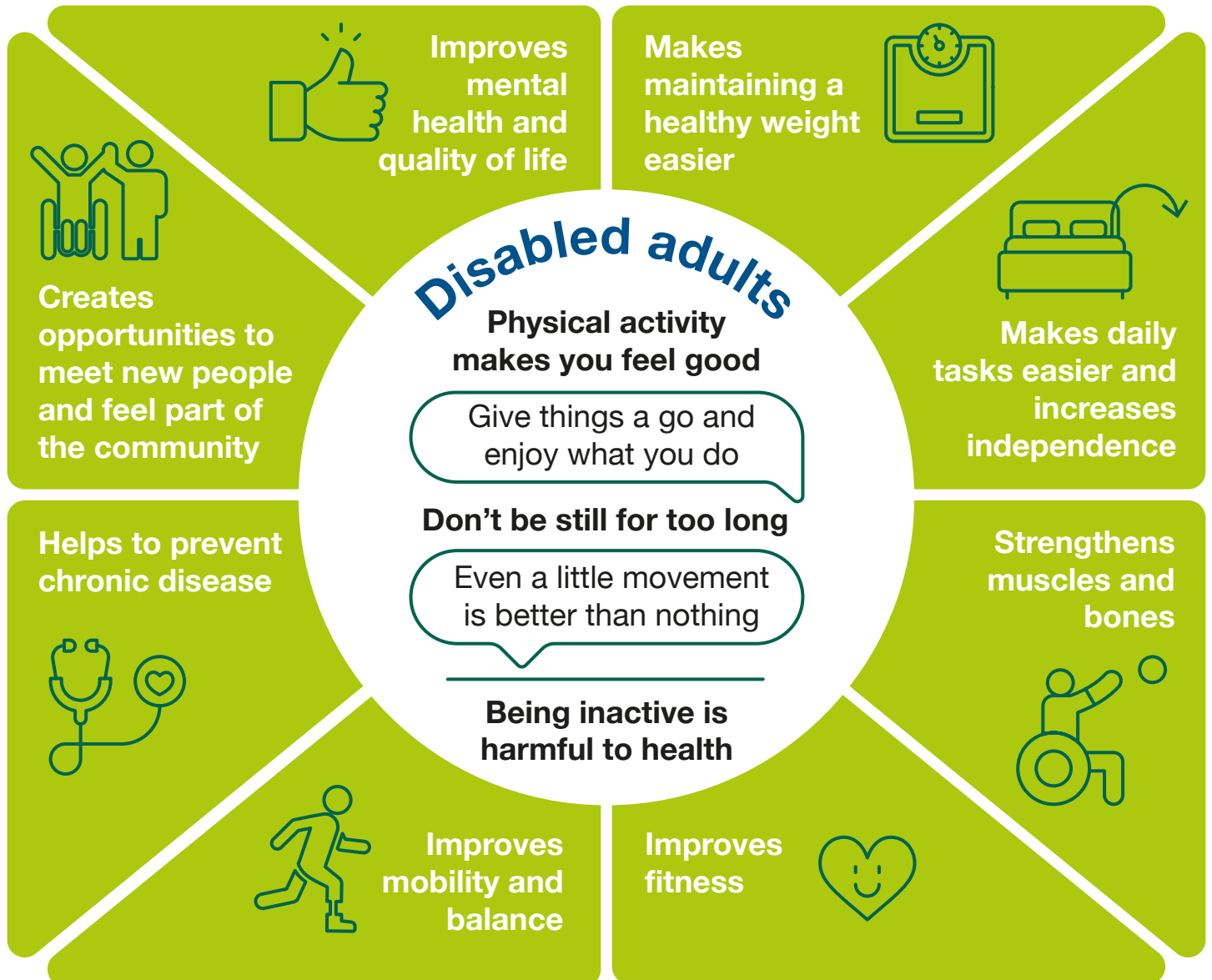


Physical activity for disabled adults



Make it a daily habit



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



Remember the talk test:



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

Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity

