

# PHYSICAL ACTIVITY FOR DISABLED ADULTS

LET'S  
GET  
MOVING

## HOW MUCH PHYSICAL ACTIVITY SHOULD DISABLED ADULTS BE DOING?



Aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation.

Aim for strength and balance exercise on 2 days a week.



## 6 key benefits of moving more:



Improves  
mental health



Helps prevent  
chronic diseases



Builds new  
friendships



Increases  
independence



Helps to maintain  
a healthy weight



Improves mobility  
and balance

## DO WHAT'S RIGHT FOR YOU

### 3 top tips

1

#### Bitesize chunks

When starting out, ask yourself, 'Can I do this today? How do I feel? Then go for it!

2

#### Build habits

Build up activity levels gradually

3

#### Do what you enjoy

Find something that is fun and exciting

**GO! Turn over for activity ideas**

# EVERY MOVEMENT

# MATTERS

Physical activity should make you feel good, start with doing things you enjoy!

## WHERE YOU CAN



Go on a brisk lunchtime walk

Tidy the house



Gardening

Take the stairs



## MAKE GETTING ACTIVE A HABIT

Join friends for a dog walk



Carry the shopping home



Visit a playground or park with family

Dance to music

## TRY THESE

Wheelchair sports



Adapted sports or join a supported group

Swimming



Sensory walks

[active-together.org/letsgetmoving](https://active-together.org/letsgetmoving)

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