Physical Activity for Disabled Adults

Make it a daily habit

Disables 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

- Improves mental health and quality of life
- Makes maintaining a healthy weight easier
- Makes daily tasks easier and increases independence
- Creates opportunities to meet new people and feel part of the community
- Helps to prevent chronic disease
- Improves mobility and balance
- Improves fitness
- Strengthens muscles and bones

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