

# Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity

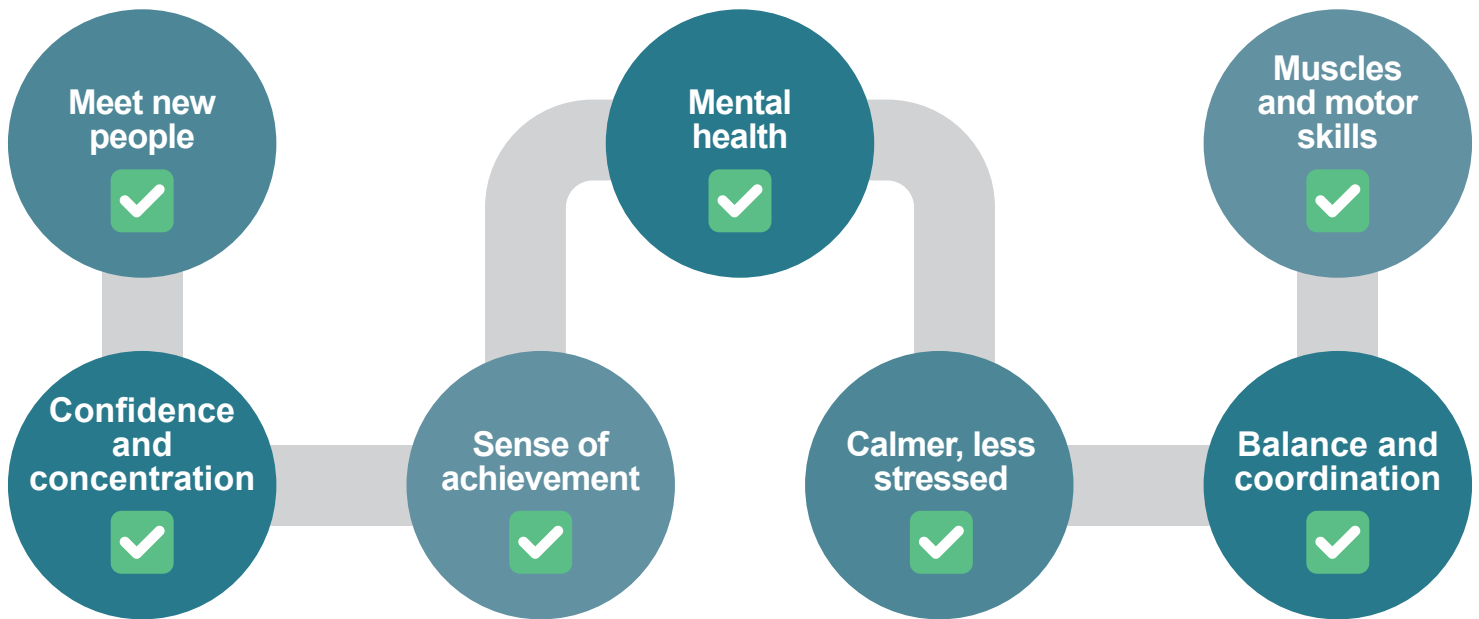


Finding what's  
fun



Exploring what activities  
make you  
feel good

## Benefits of physical activity



How much physical activity should I do?

**When starting  
build up slowly**  
Ask: Can you do this today?

**Do bitesize chunks**  
of physical activity  
throughout the day

For good health  
benefits do  
**20 mins**  
of physical  
activity per day

**Do challenging  
but manageable**  
strength and balance  
activities 3 times per week

**Small amounts  
of physical activity**  
are good for you as well