

Physical Activity Ideas

- ✓ Gardening or yard work
- ✓ Household chores like sweeping the floor
- ✓ Biking
- ✓ Walking or jogging (better with music!)
- ✓ Dancing
- ✓ Following an exercise video
- ✓ Hiking at a park
- ✓ Swimming
- ✓ Bowling
- ✓ Playing ball or Frisbee
- ✓ Jump rope
- ✓ Group games with Parachute
- ✓ Obstacle courses
- ✓ Take an exercise or dance class
- ✓ Join a recreational group like the Special Olympics
- ✓ Join a bowling group
- ✓ Moving ribbon wands to music
- ✓ Martial arts
- ✓ Boating or Kayaking
- ✓ Walk in the mall



More Ideas

- ✓ Turn off the TV and plan fun activities to get you moving!
- ✓ Plan fun activities with a friend!
- ✓ Make a list of fun activities and put them in your weekly schedule.
- ✓ Ask support people for help with transportation and money for activities.
- ✓ Make physical activity a goal.
- ✓ Consult your doctor about the amount and types of physical activity that are right for you.
- ✓ Check out the National Center on Physical Activity website, www.ncpad.org, for a list of recreational programs by state, city or zip code.



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A Behavioral-Health Information Program

for Children and Adults with Disabilities

Physical Activity: Getting Fit for Life



Physical Well-Being

Why is Physical Activity Important?

People with disabilities need physical activity as much as anyone! But people with disabilities are usually less active than people without disabilities.

Physical activity can help you feel better and stay healthy.

Did You Know?

If you are physically active, you can:

- ✓ Keep your heart healthy
- ✓ Help control cholesterol and blood sugar levels
- ✓ Keep your bones strong as you get older
- ✓ Protect you from getting some kinds of cancer
- ✓ Be healthier and live longer
- ✓ Feel happier and have more energy
- ✓ Keep a healthy weight

What Causes Unhealthy Weight & Obesity?

- ✓ Sitting around too much instead of being active and not eating a healthy diet causes unhealthy weight.
- ✓ Children and adults with disabilities can and should be physically active!

How can Your Doctor Help?

- ✓ Doctors, nurses, and other health care providers can tell you whether your weight is healthy.
- ✓ They can help with medical problems that can make it harder to lose weight or keep weight off.
- ✓ A Body Mass Index (BMI) can be measured from knowing your height and weight. Health professionals often use BMI to help them decide if you are overweight.
- ✓ A doctor will also consider your age and growth to decide whether your weight is healthy.

What is Physical Activity? Not Just Exercise!

- ✓ Exercise is one kind of physical activity that is planned and structured. It is also repetitive and done to improve your health and fitness, like going to the gym or taking an aerobics class.

There are three main kinds of physical activity:

1. Aerobic activity makes your heart beat faster and makes you breathe harder
 - *examples: walking, running, bicycling, dancing, swimming, vacuuming, walking the dog*
 2. Muscle-Strengthening activity works all the muscle groups of your body (legs, hips, back, chest, stomach, shoulders, and arms).
 - *examples: climbing, push-ups, sit-ups, lifting weights, yoga*
 3. Bone-Strengthening activity is when your feet, legs, or arms carry your weight
 - *examples: basketball, tennis, hopscotch, dancing, jumping jacks, walking*
- ✓ It is important to do ALL 3 kinds of physical activity to keep your body healthy.
 - ✓ You should do 1 hour or more of physical activity almost every day.
 - ✓ Even more physical activity may be needed to lose weight or to keep weight off.