



Physical Activity Guidelines for People with Disabilities

Did You Know?

Adults with disabilities should engage in regular activity according to their abilities and avoid inactivity.

To reap the health benefits of physical activity, both aerobic and muscle-strengthening activities should be included.



Everybody needs physical activity for good health, and adults with short or long-term disabilities can usually continue being active by modifying the types of activities they engage in and/or modifying their equipment. Physical activity not only can provide better daily functioning and increased fitness, but also improved mental health and overall outlook on life.

How much?

It is recommended that adults with disabilities accumulate 150 minutes of moderate-intensity activity each week. It is beneficial to spread this out throughout the week, in bouts of 10 minutes or more.

What types of physical activity?

Both aerobic activity and muscle-strengthening activities are highly beneficial. Aerobic activities involve movement of large muscle groups and improve cardiovascular fitness. Muscle-strengthening activities involve using resistance bands or free weights, or doing bodyweight exercises.

Work to avoid inactivity.

Try to be moving and active whenever possible, according to your abilities. A little can go a long way. Try to incorporate physical activity into your day regardless of what form it is in.

Have social support.

Find a friend, family member, or workout partner that you can be physically active with. Social support is greatly beneficial and can help to keep you both accountable and motivated.

Talk with your health care provider.

Work with your doctor or health care provider to discuss potential barriers and challenges, and to determine the types of activities and duration that are right for you.

Don't let your limitations hold you back. Live your life to the fullest by finding physical activities that you can do and enjoy!