

# Physical Activity for Adults with Disability

## WHY IS BEING ACTIVE IMPORTANT?



Physical benefits

Mental benefits

Social benefits

## HOW MUCH SHOULD I AIM FOR?



### 18-65 years

- 30 minutes of moderate activity on most days.
- Activities to build strength 2x per week.
- Balance/flexibility exercise 3x per week.
- Reduce your sedentary/sitting time.

### 65+ years

- 30 minutes of moderate activity on most days.
- Activities to build strength 2x per week.
- Balance/flexibility exercise 3x per week.
- Reduce your sedentary/sitting time.

## WHAT ACTIVITIES CAN I DO?



### COMMUNITY ACTIVITY

Many community groups are inclusive and have modified options.



### DISABILITY-SPECIFIC

E.g: Adaptive bike riding, frame running, wheelchair sports, blind and deaf sports.



### HOME PROGRAM

Consider consulting your health professional if extra support is needed.



### For more information

Visit the Disability Sports Australia or Active and Healthy websites.

