

Physical Activity

Ideas

- ✓ Work on your garden or yard
- ✓ Do household chores like sweep the floor
- ✓ Bike
- ✓ Walk or jog (better with music!)
- ✓ Dance
- ✓ Follow an exercise video
- ✓ Hike at a park
- ✓ Swim
- ✓ Roller blade, roller skate or ice skate
- ✓ Play ball or Frisbee
- ✓ Jump rope
- ✓ Play group games with a parachute
- ✓ Climb an obstacle course
- ✓ Attend an exercise or dance class
- ✓ Participate in recreational groups like the Special Olympics
- ✓ Join a bowling group
- ✓ Move ribbon wands to music
- ✓ Learn Martial arts
- ✓ Canoe or Kayak
- ✓ Walk in the mall



More Ideas

- ✓ Turn off the TV and plan fun activities to get moving!
- ✓ Plan fun activities with a friend!
- ✓ Make a list of activities and put them in your weekly schedule so you won't forget.
- ✓ Ask supportive people you know 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.



Nisonger Center

Information provided by:

Florida Center for Inclusive Communities at University of South Florida, and Nisonger Center at The Ohio State University, both University Centers for Excellence in Developmental Disabilities

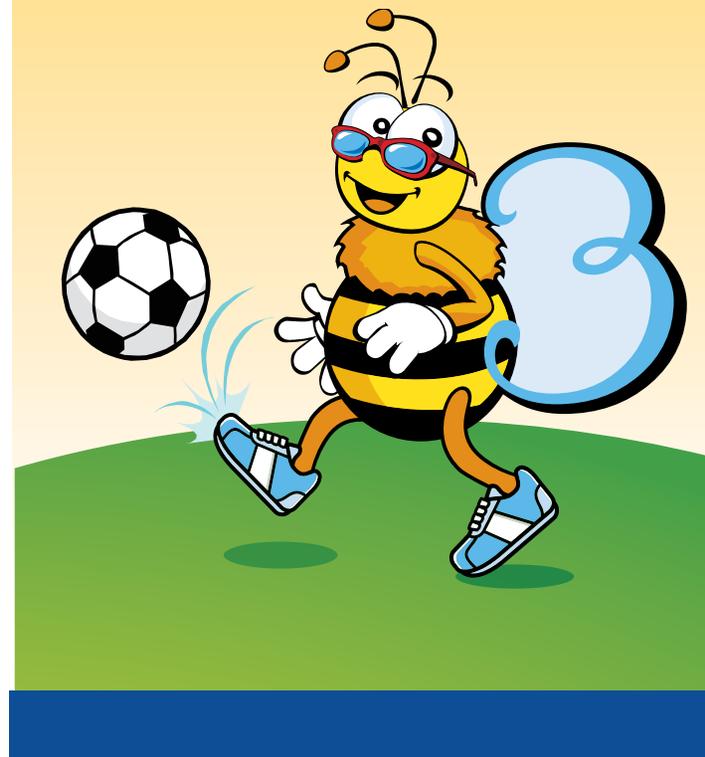
Please Cite this Document as:

Havercamp, S.M. (2009). *Physical Activity: Getting Fit For Life*. Florida Center for Inclusive Communities, <http://ffcc.org>.

Development of this material was supported by the Administration on Developmental Disabilities (#90-DD-0592, Fox and Kincaid) and the William Greenville Pace Medical Research Fund of The Columbus Foundation

For more information or to print additional copies visit <http://ffcc.org> or <http://nisonger.osu.edu/bhip/>

Physical Activity: Getting Fit for Life



Be Healthy Information Program
for Children and Adults with Disabilities

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 a healthy weight
- ✓ Keep your bones strong as you get older
- ✓ Lower the chances of getting some kinds of cancer
- ✓ Be healthier and live longer
- ✓ Feel happier and have more energy

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!

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 30 minutes or more of physical activity 5 days a week.
 - ✓ Even more physical activity may be needed to lose weight or to keep weight off.