

# PHYSICAL ACTIVITY GUIDELINES

## For People with Disabilities

Todos los adultos deben de tratar de mantenerse físicamente activos y un poco de actividad física es mejor que ninguna. Las personas con discapacidades deben estar tan activas físicamente como sus habilidades se lo permitan. Los siguientes son **requisitos mínimos sugeridos** para actividades **aeróbicas, de fortalecimiento muscular y de flexibilidad**.

### Aerobic Activities (Exercise)

Try to do **2 hours and 30 minutes (150 minutes)** of **moderate-intensity** aerobic activity each week, if you can.

— or —

**1 hour and 15 minutes (75 minutes)** of **vigorous-intensity** aerobic activity each week.

- ◆ Identify your current activity level and **slowly build up** over time.
- ◆ **Start with light- or moderate-intensity activity** for short periods of time (for example, 5-10 minutes of walking once a week).
- ◆ Build up over 3-4 weeks and then **spread the sessions throughout the week**.
- ◆ You can add your minutes together through the day. **Aim for at least 10 minutes at a time.**
- ◆ Do a little light activity, such as easy walking or wheeling, before and after your aerobic exercise to warm up and cool down.



### Muscle-Strengthening and Flexibility Activities



Do activities to keep your **muscles** strong at least **2 days per week**.

- ◆ Try to work **as many parts of your body as you can**—your legs, hips, back, chest, stomach, shoulders, and arms.
- ◆ **Repeat exercises** for each muscle group **8-12 times per session**.

Doing **stretching exercises** after you have warmed up can keep you **flexible for daily life activities**.



- ◆ Always warm up before stretching exercises (do a few minutes of easy walking or wheeling first).
- ◆ Stretch your neck, shoulders, arms, upper body, chest, back, ankles, legs, hips, and calves. Many stretches can be done while seated or lying on the floor.

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## Examples of Aerobic Activities

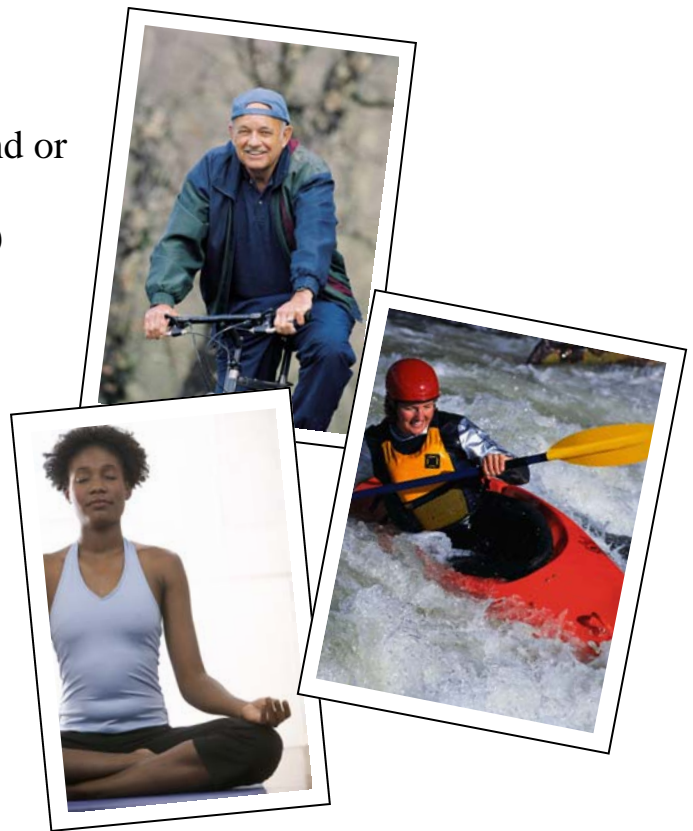
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Do these activities for 10 minutes or more at a time:

### Moderate-intensity

(I can talk while I do them, but I can't sing).

- ◆ Riding a handcycle or bicycle on level ground or with a few hills
- ◆ General gardening (raking, trimming shrubs)
- ◆ Wheeling your manual wheelchair
- ◆ Walking briskly
- ◆ Hiking/Wheeling on flat trails
- ◆ Paddling a canoe or kayak
- ◆ Playing tag or frisbee or dancing
- ◆ Tennis (doubles)
- ◆ Tai Chi and Qi Gong
- ◆ Water aerobics
- ◆ Yoga



### Vigorous-intensity

(I can only say a few words without stopping to catch my breath).

- ◆ Handcycling, bicycling or wheeling faster than 10 miles per hour
- ◆ Swimming laps
- ◆ Heavy gardening (digging, hoeing)
- ◆ Hiking on hilly trails
- ◆ Race walking, jogging, running or wheeling
- ◆ Sports with a lot of running/wheeling (basketball, hockey, soccer)
- ◆ Tennis (singles)

