

Exercise

People with disabilities have a right to receive education and services that promote their health, based on the needs and lifestyle preferences of the individual. Support from caregivers and increased access to exercise activities will promote health.

Tips for starting an exercise activity program:

Step 1

- Get an okay from a healthcare provider.
- Make sure that exercise will not aggravate any existing health conditions.
- Ask if specific testing is recommended depending on the person's age and physical condition.

Step 2

- Start slowly
- Increase activity throughout the day, such as using the stairs instead of elevators.
- Do stretching exercises while watching T.V.

Step 3

- Choose the right program.
- Find an activity that fits the needs and interests of the individual.
- Make sure that the activity is accessible for people with disabilities.

Step 4

- Exercise a minimum of three days a week for at least 30 minutes.

Step 5

- Keep the program fun and rewarding.
- Expose people to a variety of activities that they can do with their friends and/or family members or by themselves.

Step 6

- Foster fitness amount staff and caregivers.
- People are more likely to engage in exercise activities if they see people participating in fitness programs. Keep the program fun and rewarding.

DISABILITY SPECIFIC VIDEOS

1. [Ease Into Fitness](http://www.lookiris.com/store/Developmental_Disabilities/Ease_Into_Fitness/) - In this 35-minute video workout, three fitness trainers take you through a program designed to condition your whole body. Developed by disability fitness specialists, this video features sections on warm up, flexibility, aerobics, strength and balance, and cool down. Workout combines careful coaching with music and fun.
www.lookiris.com/store/Developmental_Disabilities/Ease_Into_Fitness/
2. [Walk Your Way To Fitness](http://www.lookiris.com/store/Developmental_Disabilities/Walk_Your_Way_to_Fitness/): This 3-disc fitness course is designed for adults with intellectual disabilities who want to start a walking and fitness program.
www.lookiris.com/store/Developmental_Disabilities/Walk_Your_Way_to_Fitness/

What Should You Do?

READ ABOUT IT!

NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY

www.ncpad.org/

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