

Try to be physically active every day, any activity is better than none, and more is better still.

- For good physical and mental health, disabled adults should be physically active every day.

- Each week, accumulate at least 150 minutes (2 ½ hours) of moderate intensity activity and strengthening exercises on 2 or more days of the week.

- No evidence exists that suggests appropriate physical activity is a risk for disabled adults.

- Any myths about physical activity being inherently harmful for disabled people should be dispelled.

- Choose an activity that is enjoyable to do.

