## Physical Activity For X Disabled Adults

Make it a daily habit

nisabled adults



Improves mental health and quality of life



Makes maintaining a healthy weight easier



Creates
opportunities to
meet new people
and feel part of
the community

Physical activity makes you feel good

Give things a go and enjoy what you do Being inactive is harmful to health

Makes daily tasks easier and increases independence

Helps to prevent chronic disease



Don't be still for too long

Even a little movement is better than nothing

Strengthens muscles and bones



Improves mobility and balance





Do strength and balance activities on at least two days per week

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity