

Everybody, let's get moving!

Physical activity benefits every body, regardless of ability.

Physical activity helps reduce chronic conditions, and maintains and improves health, whether you have a disability or not.

Make it your goal to move more!!



About **1 in 4** (23.4%) NYS adults has a disability.

NYS adults with disability are more likely to have a chronic condition, such as arthritis, diabetes or heart disease, than adults without disability.

The good news is that adults with disability who are physically active are less likely to develop a chronic condition than those who are not physically active.



The Physical Activity Guidelines for Americans include persons with disability:



Each week, get at least **150 min.** of moderate-intensity physical activity.

Be sure to do muscle strengthening activities **2 or more** times a week.

Physical activity bouts of any length count towards a weekly goal.

Physical activity can:



Improve mood and sleep, and reduce anxiety and risk for depression.



Increase energy, flexibility and balance.



Reduce risk of fall-related injuries.

To get these benefits, get moving and keep moving!

► **Start slowly.** Add physical activity to your life slowly, in small amounts, in ways that meet your needs and abilities.

- Park farther away from your destination or get off the bus a stop or two early.
- Do upper body strengthening or stretching while watching TV.



► **When ready, add more:**

- Play catch or hide-and-seek with your kids.
- Garden, bike or swim.



► **Already physically active?** Take it up a notch!

- Join a group class, get a DVD or search for workouts on YouTube: try Zumba; tai chi or yoga.
- Into team sports? Join a basketball or softball league or pick-up game!



Looking for more ideas and guidance? Visit the National Center on Health, Physical Activity and Disability (NCHPAD) for more resources or to chat with an information specialist.

REFERENCES

2017 NYS Behavioral Risk Factor Surveillance System
<https://www.nchpad.org/1585/6600/Physical~Activity~Resources>
https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf



Department of Health