Physical Activity Toric 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

vou 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



Improves fitness

Do strength and balance activities on at least two days per week For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity