This document has been replaced with a newer version. Go to:

https://www.gov.uk/government/publications/physical-activity-guidelines-infographics

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



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 =

Difficulty talking without pausing = vigorous intensity activity