

MAKE YOUR MOVE



Practical physical activity tips to support adults with a disability

Making physical activity a habit.

Any Movement Counts!



Increase Physical Activity Levels

Aim for 150 minutes each week, making your heart beat faster and increasing your breathing.



Strength and Balance

Include these activities at least two days per week, making your muscles, joints and bones stronger.



Theres Activity Everywhere

Dont be still for too long, a little movement is better than none.

Do What Makes You Happy!

It's important that you enjoy the physical activity you take part in. Doing something you like will help to keep you motivated and encourage you to make your physical activity a habit.



Meet New People!

physical activity is a great opportunity to meet new people and find new social and friendship groups while getting active at the same time.



Aim for 150 minutes per week - that's only 30 minutes per day, 5 days a week - and move at a level that increases your breathing and heart rate. Try short bursts of movement - they'll soon add up!

Don't be still for too long



Walking to the shops



Moving/ playing with the family



Gardening

Make getting active a habit



Join friends for a dog walk



Moving to music!



Exercise classes

Try these...



Swimming

Try modified cycling



Wheelchair sports

Join a supported running group

Take Steps to Move More

- 3** Focus on these three things...
Moving more. 150 minutes per week!
- 2** Don't forget these two...
Strength and balance on two days!
- 1** The one main aim...
Be active... however you like!

GO!



LEICESTER-SHIRE & RUTLAND SPORT
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