



BUT I HAVE A DISABILITY. HOW CAN I BE ACTIVE?

Physical activity plays an important role in your health, quality of life and independence in daily activities.

Regular physical activity helps to improve your strength, endurance, flexibility, energy level, confidence and mood. Being active with others also allows you to enjoy healthy social interactions.

In addition, being active helps you to:

- Improve your posture. Good posture helps reduce aches and pains that can occur if you sit for a long time.
- Improve your blood circulation and reduce the risk of swelling in your feet and legs.
- Maintain a healthy weight and reduce the risk of certain diseases such as heart disease, some forms of cancer and diabetes.
- Move around with less effort (e.g., walking or wheeling, getting in and out of your bath tub, car, bed, wheelchair, etc.).
- Improve your balance and flexibility, which can help prevent injuries.
- Feel good about yourself and about life in general.
- Sleep better.

How to start

- Start slowly, go at your own pace and listen to your body.
- Exercise at a moderate intensity and progress gradually.

- Recognize your interests, decide on your needs and set goals.
- Think about how you can be more active in your daily activities. Remember: gardening, playing with your kids, walking or wheeling at lunch are part of an active lifestyle!
- Find an activity, fitness program, or facility that meets your needs and qualified staff to assist you in meeting your goals.
- Contact the [Active Living Alliance for Canadians with a Disability \(ALACD\)](#) to learn about appropriate, accessible opportunities in your community.
- Make the commitment and get started!

Additional information

- [Populations: people with disabilities - Alberta Centre for Active Living](#)
- [The National Centre on Physical Activity and Disability](#)

References:

1. Canadian Fitness and Lifestyle Research Institute (website). Active living is for everybody. In Tips for being active.
2. Ontario Physical and Health Education Association (website). Physical activity for children with disabilities.