Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

- Equality
- Inclusivity
- Finding what’s fun
- Exploring what activities make you feel good

Benefits of physical activity

- Meet new people
- Confidence and concentration
- Mental health
- Sense of achievement
- Calmer, less stressed
- Muscles and motor skills
- Balance and coordination

How much physical activity should I do?

- When starting build up slowly
  Ask: Can you do this today?
- Do bitesize chunks of physical activity throughout the day

For good health benefits do

- 20 mins of physical activity per day

Do challenging but manageable strength and balance activities 3 times per week

Small amounts of physical activity are good for you as well

UK Chief Medical Officers’ Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.