

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity

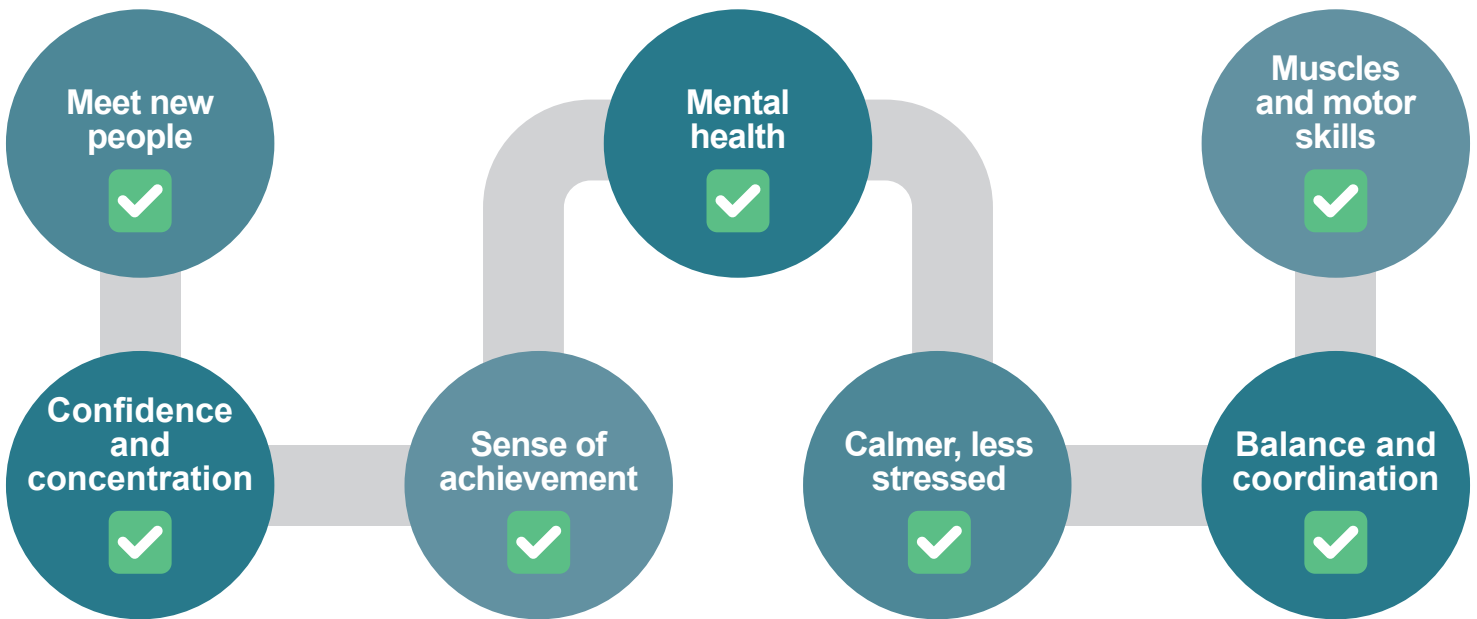


Finding what's
fun



Exploring what activities
make you
feel good

Benefits of physical activity



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