

Physical Activity for Disabled Children and Young People

Getting and staying active is about



Equality



Inclusivity

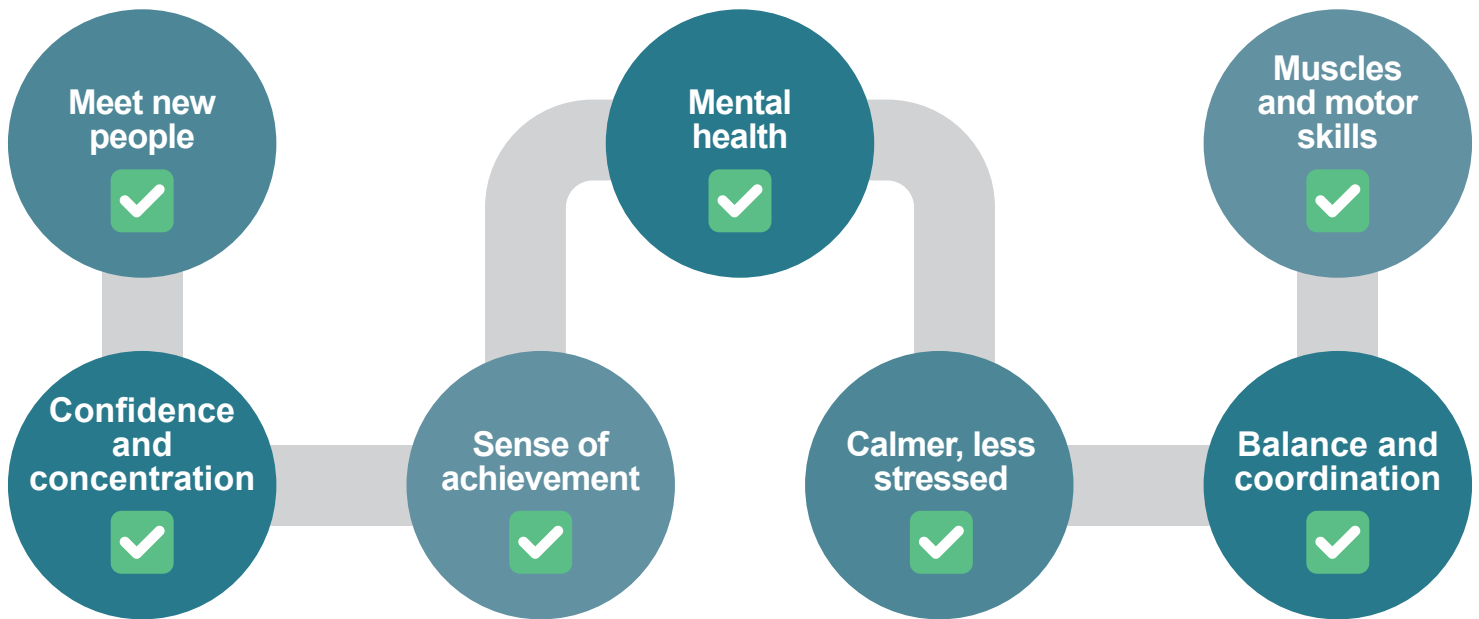


Finding what's fun



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