

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about



Equality



Inclusivity

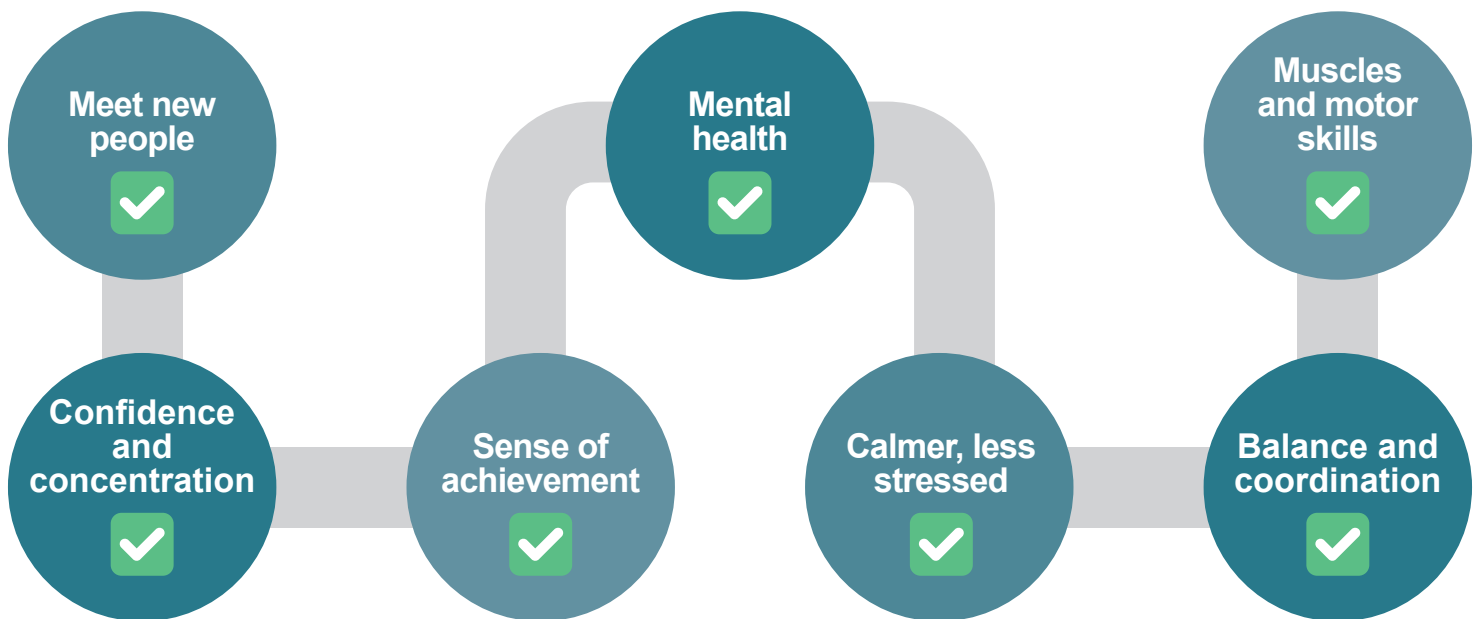


Finding what's
fun



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