

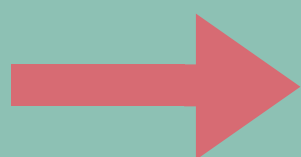
FIT FOR LIFE: HOW YOU CAN HELP ADULTS WITH DISABILITIES BECOME MORE ACTIVE

Fitness fuels both our physical and emotional health. But most adults with developmental disabilities do not meet federal guidelines for physical activity, putting them at risk of chronic diseases. But the good news is that it's never too late to experience the benefits of fitness---and you can help them get started!

Like any adult, adults with disabilities should get 150 minutes of moderate activity per week, but most fall short of those guidelines.

1 in 3

adults with disabilities exercise for 30 minutes each week.



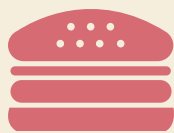
2 in 3

adults with disabilities are obese.

That stems from many factors, like:



lack of recreational opportunities



lack of energy from poor diets

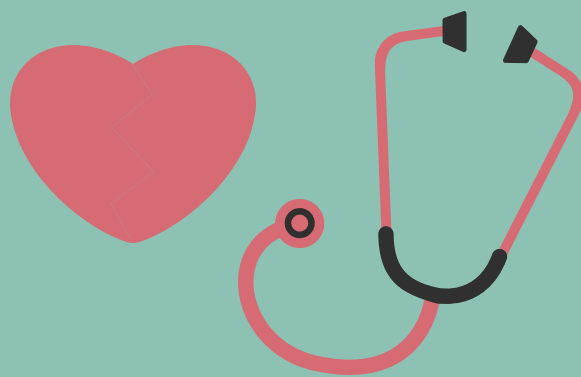


mental health conditions



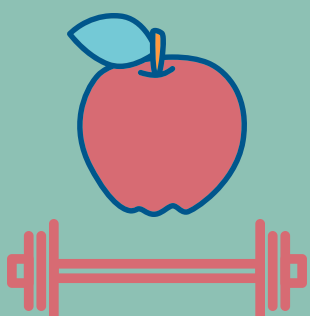
mobility and physical impairments

Inactivity increases their risk of obesity, chronic diseases like heart failure and diabetes, osteoporosis, and stroke.



But once they begin pursuing physical activity, adults with disabilities can improve not only their health outcomes, but their self-confidence, self-efficiency and mental health.

Better yet, YOU can help! Here's a few ideas:



volunteer any fitness or health-related services you have



donate sports equipment to agencies



sponsor their participation in races, or volunteer for Special Olympics