

# **Adaptive Sports: Staying Active While Living With A Disability**

An estimated 56.7 million people in the United States or 19%-20% of the population have a disability. Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself.

For people with disabilities, there are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits.

[Adaptive Sports: Staying Active While Living With A Disability](#) provides information on a variety of adaptive sports including cycling, golf, volleyball, skiing, and swimming.

Article Source

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Last Reviewed

Saturday, March 2, 2024