

## **Exercise Guidelines for People with Disabilities**

In 1996, the Surgeon General of the United States reported that "significant health benefits can be obtained with a moderate amount of physical activity, preferably daily." The [2019 Physical Activity Guidelines for Americans, 2nd Edition](#) provides science-based guidance to help individuals with disabilities aged 6 and older improve their health through appropriate physical activity (these guidelines are being updated and will be released in 2018).

These benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles. [Exercise Guidelines for People with Disabilities](#) provides some general exercise guidelines and resources on physical activity and exercise programs of all sorts: indoor and outdoor, sports or recreational, solitary or team.

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**The National Center on Health, Physical Activity and Disability (NCHPAD)** is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan. NCHPAD's features a variety of resources and services which can benefit all ages and populations and can be found online at [www.nchpad.org](http://www.nchpad.org).

Article Source

National Center on Health, Physical Activity and Disability

Source URL

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Last Reviewed

Friday, May 13, 2022