

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 benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles. These guidelines provide some general exercise guidelines and resources on physical activity and exercise programs of all sorts: indoor and outdoor, sports or recreational, solitary or team.

For more information go to [Guidelines Overview page](#).

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.

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