

Top Tips:

Disabled people

When it comes to exercise, disabled people have pretty much the same options - everything from simply getting out a bit more to playing team sports.

1. If you can walk, there's no easier way to increase your activity levels. Try to include walking in your daily routine. Find a friend to walk with, or join a walking group for some extra motivation.
2. Cycling: there are tricycles, quadcycles, recumbants, hand-powered bikes called handcycles, and power-assisted bicycles, all of which are alternatives for those unable to ride a regular bicycle. Find out more about local adapted cycling sessions by contacting Adam at Active Travel on 01744 676174.
3. Take up running - if you're just starting out, try our popular Couch to 5K running plan or join our FREE Couch to 5k sessions.
4. Get moving with Strength and Flex, a five-week exercise plan to increase your strength and flexibility (not suitable for wheelchair users).
5. Split activity up throughout the day. You can achieve your target in bouts of 10 minutes or more - try these 10-minute workouts. Talk to a health professional or ask an organisation for people with your impairment about what the best exercises are for you.
6. Low-impact exercises such as yoga, Pilates and tai chi have been adapted to suit the needs of people with different types of disabilities. Get advice first, however, especially if you have a physical impairment - exercises not suited to your impairment may be harmful. Call the Healthy Living Team on 0300 300 0103 for support and activities.
7. Choose a gym from one of more than 400 Inclusive Fitness Initiative (IFI) accredited gyms. Find your nearest IFI facility by going to the English Federation of Disability Sport website or visit a local FREE Outdoor Gym.
8. Swimming can feel quite liberating if you have a physical disability, as your body is mostly supported by the water. Many pools in St.Helens offer classes and sessions catering specifically for disabled people. Find out more at Go Active

Adapted sports - many sports can be played by disabled people on the same basis as non-disabled people. Some have also been adapted to make them more disability-friendly, such as blind football. Contact Sports Development on 01744 675 400 for more information.

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