

Your daily dosage

(Suggestions taken from the Office of the Surgeon General)

Common Chores

- Gardening 30-45 min
- Pushing stroller 1½ miles in 30 min
- Raking leaves 30 min
- Shoveling snow 15 min
- Stair walking 15 min
- Walking or wheeling 2 miles
- Washing and waxing car 45-60 min
- Washing windows or floors 45-60 min
- Wheeling self in wheelchair 30-40 min

Sporting Activities

- Basketball or wheelchair basketball game 15-20 min
- Basketball (shooting baskets) 30 min
- Bicycling or Hand cycling 15– 30 min
- Dancing or chair dancing 30 min
- Jumping rope 15 min
- Playing touch football or volleyball 45-60 min
- Running 1½ miles in 15 min.
- Swimming laps 20 min
- Walking or wheeling 1¾ miles
- Water or seated aerobics 30 min



American College of Sports Medicine (ACSM)
401 West Michigan Street
Indianapolis, IN 46202-3233
Phone: (317) 637-9200
Fax: (317) 634-7817
<http://www.acsm.org>



National Center on Physical Activity and Disability (NCPAD)
1640 West Roosevelt Road
Chicago, Illinois 60608
Phone: (800) 900-8086
Fax: (312) 355-4058
Email: ncpad@uic.edu
<http://www.ncpad.org>

This resource is not a substitute for professional medical advice. Please consult your physician before starting a physical activity program.



American College of Sports Medicine
in collaboration with the
National Center on Physical Activity and Disability

Please visit
www.exerciseismedicine.org
for more information about
Your Prescription for Health

Brought to you by ACSM
in collaboration with NCPAD
for Consumers
Available in Alternative Formats



Exercise and Your Health

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." These benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles.

Exercise greatly reduces serious risks to your health. Simply increasing your physical activity a little can help you improve your health, fitness, and well being.

Benefits of Regular Exercise

- Decreased anxiety and depression
- Greater feeling of well-being
- Improved ability to perform activities of daily living
- Improved cardiac and pulmonary function
- Lower cholesterol and blood pressure
- Protection against chronic disease
- Reduced health care costs
- Reduced impact of secondary conditions.
- Weight control

To locate a certified fitness professional in your area use the ACSM Profinder™ at www.acsm.org

Getting your daily dose?

Just 30 minutes of exercise per day can help prevent and treat numerous chronic conditions, such as high blood pressure, diabetes, and joint pain.

- Warm-up
Five minutes of light activity, such as slow walking or cycling
- Activity:
 - Cardiovascular
 - Muscular Strength
 - Flexibility Training
- Cool down:
Five minutes of light activity with some built in flexibility exercises

Exercise Terminology

- Intensity: (How hard?) - Intensity can vary from very light to very hard. It can be monitored on the basis of training heart rate or one's own subjective impression of how hard he or she working.
- Frequency: (How many?) - Persons starting an exercise programs should begin with three days/week and work towards five or more days/week.
- Duration: (How long?) If able, start an exercise program with a minimum of 20 minutes throughout a day with a goal of exercising for as much as 60 minutes a day, depending on your needs. This can be done in multiple 10-minute sessions or in one long session.

Talk with your doctor about the best exercise plan for you, and make physical activity part of your life and health care plan.

Safety Considerations

- Stop exercising if you experience pain, discomfort, nausea, dizziness, lightheadedness, chest pain, irregular heart beat, shortness of breath, or clammy hands.
- Drink plenty of fluids, especially water.
- Wear appropriate clothing.
- Set realistic short-term and long-term goals.
- Find and follow an exercise program that meets your specific goals.

Physical Activity is for Everybody!

Your Prescription for Health Series is information and recommendations for exercising safely with a variety of health conditions such as brain injury, diabetes, arthritis, cerebral palsy, muscular dystrophy, polio, visual impairment, and following a bypass surgery, stroke, or heart attack.

This series can be found at www.exerciseismedicine.org/YourPrescription.htm

For more information about exercise and activity programs for people with disabilities, activity limitations, or chronic conditions in your area contact NCPAD at (800) 900-8086 or ncpad@uic.edu.