



FITNESS

Based on the presentation "Putting Fitness in It's Place" by Mike Scholtz

Getting Started

The first step to becoming more active is to rid one's mind of negative images. Physical activity doesn't always mean going to a gym or jogging for hours at a time. In fact, 30 minutes of physical activity each day can have health benefits. Remember, check with your doctor before beginning any exercise or fitness program. There are so many ways to be more active. Here are some of the many different ways to increase your physical activity:

Mind-Body Activities

- ? Examples include Yoga, Tai Chi, Karate, and Tae Kwon Do.
- ? Start with a beginner level course and learn the basics.

Strength Training

- ? Examples include weight lifting, resistance tubes and bands, and body weight exercises.
- ? You don't have to go to a gym. Start in your home with soup cans or body weight exercises (e.g. sit ups.)

Aerobic Exercise

- ? Examples include walking, aerobics classes, and swimming.
- ? Start with 20-30 minutes, 3-5 days a week at an elevated heart rate. If you haven't been active, start with 5 minutes and build up.

Flexibility

- ? Examples include stretching and yoga.
- ? Always stretch before any type of exercise. "If you work it, stretch it."

Activities of Daily Living (ADL)

- ? Examples include walking the dog, gardening, house work.
- ? Research shows accumulating 30 minutes of ADL's each day significantly reduces heart disease risk.

Benefits of Physical Activity

Improves health
Improves strength
Improves cardiovascular fitness
Relieves stress
Weight loss
Decreases cholesterol levels
Improves sleep
Prevents disease
Improves flexibility
Strengthens bones

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Adaptation Ideas

Depending on the ways you choose to increase your physical activity, you may need little or no adaptation. If you choose to become a member of a health club or gym and have a mobility impairment, you may need to inquire about access into the facility and ways to adapt exercise equipment. The key is to understand your abilities and needs and be creative.

Helpful Hints to Increase Success

Hint #1: Make “change” an adventure. Take a mental step out of your comfort zone.

Hint #2: Be flexible in your structure and planning. Plan exercises that encompass your “perfect day” and your “day from hell.”

Hint #3: Words are powerful tools. Monitor your inner dialogue and limit negative self-talk.

Hint #4: Think like you want to act. Focus on what you are doing rather than what you are unable to do.

Hint #5: Make goals challenging, yet reasonable and manageable. Take small steps.

Hint #6: Reward yourself!!!

Resources

National Center on Physical Activity and Disability

Dept. of Disability and Human Dev.
University of Illinois at Chicago
1640 West Roosevelt Road
Chicago, IL 60608-6904
800- 900-8086
www.ncpad.org

Conditioning with Physical Disabilities

By Lockette, KF and Keyes, AM (1994)
Human Kinetics
P.O. Box 5076
Champaign, IL 61825
800-747-4457

North Carolina Office on Disability and Health

Frank Porter Graham Center, UNC-CH
Campus Box 8185
Chapel Hill, NC 27599-8185
919-966-0868
www.fpg.unc.edu/~ncodh

ACSM's Exercise Management for Persons with Chronic Disease and Disabilities

Human Kinetics
P.O. Box 5076
Champaign, IL 61825
800-747-4457