



Getting People with Disabilities in the Fitness Spirit!

By: Minerva Flores

Fitness is a lifestyle, it is important for all people, including those with a disability. Try an exercise routine suited to your needs. If you have a disability there are ways for you to get fit. Regular exercise can be of huge benefit. By exercising you can maintain a sense of freedom, better quality of life, and a higher level of independence. You are capable, get out of your comfort zone, you can do anything just have courage. Feel confident, achieve your goal, and don't underestimate yourself!

You can go to the gym get a trainer, warm up, stretch out and eat healthy. Remember to always talk to your doctor about how different exercises can be adjusted for your

needs. You can start with cardio, jogging or swimming; it improves the overall health of your heart blood flow and lungs. Keep your body active. Physical activity is important to keep you healthy. Get together with friends and help and support each other.

Schedule your workouts and follow through.

See what works for you, most people workout at the same time every day. Would you rather work out in the morning, afternoons or nights? Set goals, be consistent and realistic. Start small and increase your targets and duration as you go. Slow progress is still progress. Strength training will build your muscles and make

you stronger, and improve endurance. You'll be able to do things for longer. This involves the lifting of weights; try to do it at least once a week. Get flexible. Flexibility exercises will help your body to become more limber, and will help your joints; try yoga for this.

Remember you don't need a gym membership.

You can exercise at home with something as simple as a stability ball, or use the liquid laundry detergent bottle as a weight to lift to tone your arms. Partner up and exercise. Use a mirror, music, just dance, a game, and make it fun. Try cleaning, getting out on the weekends, and taking the stairs if possible, some self-defense moves, sing head shoulders knees and toes when stretching, stand back-to-back with a partner to pass a ball. Be determined and creative, have patience and be positive.

If something is too hard try something different. Don't be discouraged! Remember this is for you, your health. Try Zumba. All the aspects of health are important and being fit is one of them. Often, friends can offer experiences, tips, encouragement, and motivation. If you have a setback remember it's only temporary and you are in control to change things. Move forwards and towards your goal again. Be enthusiastic, get pumped, be your own cheerleader. Don't

give up, keep trying, and stay up beat and focused. The YMCA usually has some programs you can attend.

Benefits of exercising:

- Can control joint swelling and help alleviate pain in the process
- Makes you stronger, feel better, look great, and adds a glow to your skin
- Gives you better balance, a healthier state of mind and body, focus, improved mood, and helps you feel energized
- It can boost good cholesterol, decrease the risk of stroke and diabetes, and can help prevent specific illnesses.

For more tips check out:

<http://disabilityhorizons.com/2014/11/top-tips-for-getting-fit-if-youre-disabled/>

<http://health.usnews.com/health-news/health-wellness/articles/2015/04/06/exercising-with-a-disability>

<https://www.disabilityinfo.org/MNIP/DB/FSL/FactSheet.aspx?id=115>



Changing Lives Every Day