



Facts:

- Inactivity places people at higher risk for problems associated with obesity such as heart disease, diabetes and osteoporosis (weak bones).
- Low levels of cardiovascular fitness, decreased muscle strength and flexibility directly affect activities of daily living and functional capacity.
- Undesirable health outcomes associated with inactivity negatively affect mental capacity and emotional well-being.
- We should accumulate 30 minutes per day of moderate activity on most days of the week.
- Health benefits of physical activity include having fun and looking good.

Did you know?

You can earn money and stay fit and have fun at the same time?

Interested? Read on!

Wanted: Direct support professionals who support consumers to fight obesity and develop better physical fitness. (And you can work on yourself at the same time!)

Ideas to get you started:

- Turn off the television and move, move, move, move, move, move, move and move some more.
- Turn everyday activities into opportunities for movement, such as vacuuming, sweeping, carrying laundry up and down stairs, mowing the lawn, taking out trash.
- Enjoy leisure activities such as bicycling, arm cycling, bowling, basketball, dancing, mall walking, running, hiking, swimming, and lifting weights.
- Enroll in Special Olympics or other structured fitness programs at neighborhood recreation and fitness centers.
- Check out the activity calendar at <http://mrdda.dc.gov/activities>

Be proactive! Motivate and inspire people with disabilities to participate in regular exercise. You will be glad you did!