

Staying Healthy

Transition Skills, Tips & Tools

Exercise



Find an exercise activity you like to do. Examples are:

- Soccer
- Baseball/softball
- Gardening
- Going to the gym
- Swimming
- Dancing
- Fishing
- Hiking, walking
- Biking
- Track

Teens of all ages and abilities can improve their quality of life through regular, moderate physical activity.

For youth and young adults like yourself, the 2019 Physical Activity Guidelines for Americans, [health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf](https://www.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf), recommend:

- You should do one hour (60 minutes) or more of physical activity every day.
- Most of the one hour or more a day should be either moderate-intensity or vigorous-intensity aerobic physical activity.
- As part of your daily physical activity, you should do vigorous-intensity activities at least three days per week. You also should do muscle-strengthening and bone-strengthening activities at least three days per week.
- Work with your doctor to identify the types and amounts of physical activity appropriate for you if you have special healthcare needs/disabilities. When possible, you should meet the three points above or as much activity as your condition allows. You should avoid being inactive.

More Resources on Next Page

The National Center on Physical Activity and Disability has resources, exercise videos, adapted exercises, fact sheets, leisure activity suggestions and much more. Check out their website at www.nchpad.org/index.php, call toll-free at **(800) 900-8086** or email email@nchpad.org.

It is very important to keep active.

Please talk to your doctor before starting any new activity program that could be strenuous.

Check to see if your health insurance covers a fitness membership at a local gym or other fitness activities.



We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

