



# OP-ENS Newsletter

Our Peers – Empowerment and Navigational Supports

## Physical Activity and Disability

### My doctor told me to exercise – what does that mean with my physical disability?

“Exercise” is not always accessible for people with disabilities. “Exercise” and “physical activity” have common benefits but are not the same. While exercise may seem scary, physical activity is something that can be fit into day-to-day living.

The Centers for Disease control and Prevention (CDC) offer ideas to adapt physical activity to meet any lifestyle.

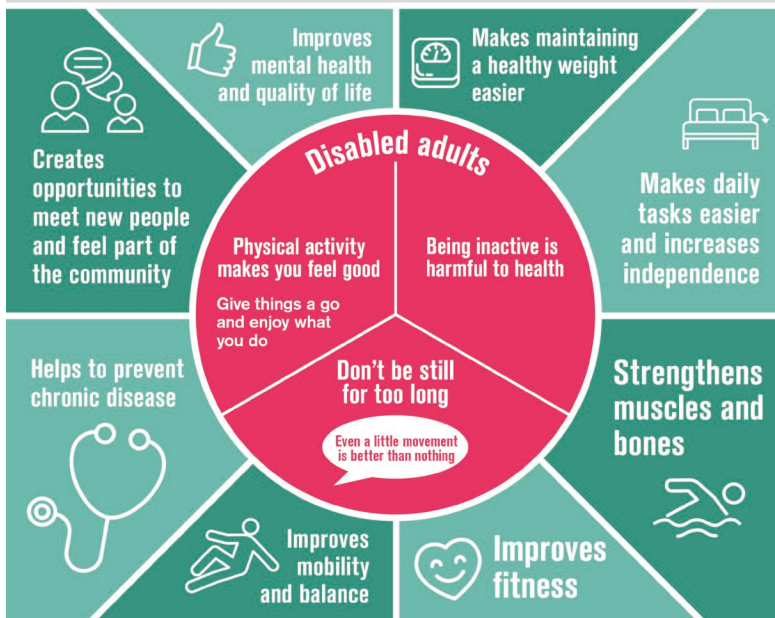
**ALWAYS** consult your health care provider before starting a new activity routine.

Remember your health, safety, and well-being come first!

This newsletter has some ideas to help you get started your physical health-related goals.

### Physical Activity for Disabled Adults

Make it a daily habit



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity



### In this Issue

#### Page 1

- Physical activity & disability

#### Page 2

- Physical Activity Strategies for All
- Activity Highlight: Yoga
- Accessible Fitness in Chicago

Did you know, The Chicago Mayor's Office for People with Disabilities offers job training and placement referrals through a network of community partners?

Job seekers with disabilities are referred by MOPD's Employment Services staff to community-based organizations, WIPA Program Partners, and SSA Employment Network agencies for job training and placement assistance including:

- Resume writing
- Job readiness training and preparation
- Employer connection for job openings
- One-on-one counseling to assess skills, identify barriers to training and employment, and advise on issues related to health care and state/federal benefits

# Adapted Physical Activity

## Physical Activity Strategies for All

- Confirm with your doctor that exercise is safe for you.
- Get moving for 30 minutes per day
  - Can break it down to 10-minute periods
- Increase intensity as able
- Do strengthening activities at least twice week
  - Can use resistance bands or try adapted yoga
- Adapt to your ability
- Do activities you enjoy!
  - Try dance, sports, gardening.
- Have a partner to join in activity

Based on 2008 Physical Activity Guidelines from U.S. Department of Health and Human Services



Program for Healthcare Justice for People with Disabilities

## Activity Highlight: Adapted Yoga

You don't have to be flexible to do yoga! All you need to do is breathe. Yoga is exercise done by connecting your breath to your movement.

### Everyone can do Yoga Benefits:

- Improves flexibility and strength
- Improves focus and concentration
- Reduces stress & anxiety
- Helps support healthy muscles and bones
- Improves breathing capacity

Raise your arm over your head on an inhale breath and lowering it down on an exhale breath. you are doing yoga because you are focusing on the connection between breath and movement. This can improve mental focus.

### Chair Yoga

Almost any yoga exercise can be adapted to be done while seated in a chair. You get the same benefits from chair yoga as other types of yoga, it just looks different!

Go to the website below to see some chair yoga exercises with written instructions and videos:

<https://www.healthline.com/health/fitness-exercise/chair-yoga-for-seniors#9>

## Accessible Fitness in Chicago

Shirley Ryan Ability Lab (SRAL) Adaptive Sports + Fitness Center:

541 North Fairbanks,  
Mezzanine Level,  
Chicago, IL 60611  
Phone: 1-844-355-ABLE

SRAL's fitness center is designed for people of all abilities and has expert staff there to help.

SRAL offers adapted sports programs like cycling, archery, wheelchair basketball, bocchia ball, dance cardio classes, fitness and meditation classes and archery.

Chicago Park District  
Phone: (312) 742-7529  
Over 40 fieldhouses feature fitness centers with at least 2 pieces of wheelchair accessible fitness equipment.

Adaptive Adventures

Phone: (866) 679-2770

Email:

[info@adaptiveadventures.org](mailto:info@adaptiveadventures.org)

Website:

<https://adaptiveadventures.org/>

Adaptive Adventures provides outdoor sports opportunities to improve the quality of life for people with physical disabilities and their families. Some sports offered include biking, canoeing, snow skiing & water skiing.