

# Keeping Active

## Who is this information for?

People with intellectual and/or developmental disabilities  
Family members  
Disability support workers

## Why is it important to keep active?

It is important to maintain mobility, strength, flexibility and fitness. The activity or exercise each person does will depend on their body and movement. It is important to be active in some way every day. This can include going for walks, playing ball games, following an online exercise video, stretching or even changing positions if you spend most of the day sitting.

## Things to consider when choosing an exercise or activity:

- Is the environment safe and suitable?
- Is assistance needed for the activity or exercise to be completed?
- Are there any medical or physical issues that need to be considered (for example: asthma, limited movement, balance difficulties)?

## Exercise and activity ideas for people who can walk independently:

### Walking:

If it is safe you could include hills, different surfaces or walking at changing speeds to increase strength and fitness

**Ball games:** for example- basketball, soccer

### Dancing:

[A Dance Workout](#)

### Aerobics/Fitness:

[Beginner Aerobic Workout - Part 1](#)

[Beginner Aerobic Workout - Part 2](#)

[Beginner Aerobic Workout - Part 3](#)

### Seated and assisted exercise ideas:

[Seated Yoga](#)

[Seated Cardio Workout](#)

[Cardio Workout](#)

## **Movement and stretches for people with limited movement:**

[Exercise ideas \(PDF\)](#)

## **Staying Safe**

If you have any concerns about your movement, breathing or pain during activity, please seek guidance from your General Practitioner or physiotherapist.

## **Additional supports and services for keeping active**

- Physiotherapist
- Exercise physiologist
- NDIS support coordinator to access allied health services

## **Where can I find out more?**

[Disability Sports Australia resources and videos](#)

[Stay Home Stay Active- YouTube Council for Intellectual Disability](#)

[Council for Intellectual Disabilities- Videos](#)

Note: If you regularly see a health professional, we encourage you to continue your care and support during COVID-19.