



Gearing Up For Your Transitions

Help Your Heart and Body Stay Healthy

1. Find an exercise activity you like to do:

- Soccer • Dancing
- Baseball/Softball • Fishing
- Gardening • Hiking & Walking
- Going to the Gym • Biking
- Swimming • Track

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

3. For adolescents the Physical Activity Guidelines for Americans recommends:

- You should do 1 hour (60 minutes) or more of physical activity every day.
- Most of the 1 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 activity on at least 3 days per week. You also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.
- Work with your health care provider to identify the types and amounts of physical activity appropriate for you if you have special health care needs/disabilities. When possible, you should meet the three points above, or as much activity as your condition allows. You should avoid being inactive.

4. [The National Center on Physical Activity and Disability](#) has resources, exercise videos, adapted exercises, fact sheets, leisure activity suggestions and much more. Visit their website or call toll-free **1-800-900-8086**

5. It is very important to keep active.

6. Remember to check with your doctor before starting any new type of activity program that could be strenuous.

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