

Active at All Ability Levels

Anyone can be active! For people with disabilities, physical activity can help support daily living activities and independence. The [Physical Activity Guidelines for Americans](#) recommends that all adults, with or without disabilities, get 150 minutes of aerobic activity per week. Activities can be broken down into smaller amounts, such as 25 minutes a day.

Muscle-strengthening activities, like adapted yoga or working with resistance bands, provide additional health benefits. Learn more about the recommendations from the Physical Activity Guidelines for Americans, get tools and resources, and start getting active today: <https://health.gov/moveyourway>

Overcome Barriers

- Learn about [programs, places and spaces where you can be physically active](#).
- Organize social support for physical activity. For example, set up a buddy system, make contracts with others to complete specified levels of physical activity, or put together walking or exercise groups to provide friendship and support. Join other Tennessee State Government employees in [Working for a Healthier Tennessee events](#).
- Discover [accessible facilities and programs](#).
- [Find fitness and health professionals](#) who provide physical activity options that match your specific abilities.

Resources	
Move Your Way Activity Planner	Use this planner to set goals, choose activities and get tips to help you stay motivated. When you're done, print your plan to track activity throughout the week. https://health.gov/moveyourway/activity-planner
Top Exercise-from-home Videos	This playlist for kids and adults includes several options for all abilities to help you choose an exercise mode that works for and is enjoyable to you. https://bit.ly/2Qoliao
14 Weeks to a Healthier You Program	This program is a free, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions. https://www.nchpad.org/14weeks/
Special Olympics Fit 5 Resources	This challenges individuals to live by the three simple goals of staying active five days per week, eating fruits and vegetables and drinking five bottles full of water each day. https://resources.specialolympics.org/health/fitness/fit-5-page
Stay Active with a Disability	Offers quick physical activity tips. https://health.gov/myhealthfinder/health-conditions/obesity/stay-active-disability-quick-tips
Physical Activity for People with Disability	Additional resources from the Centers for Disease Control and Prevention. https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html

*Please consult with your doctor before beginning an exercise program.