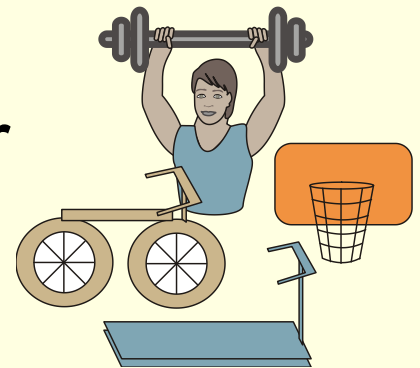


Safety Point: Exercise Safety



Staying active is essential to healthy lifestyle.

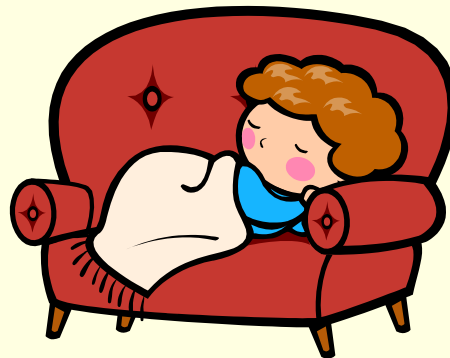
- Exercising regularly is an important way to keep your body healthy.
- Exercise is also a great way to manage your disability and other health conditions that you may have.



- For example, if your ability to move is limited, exercise can help you to move better by keeping your muscles strong and flexible.

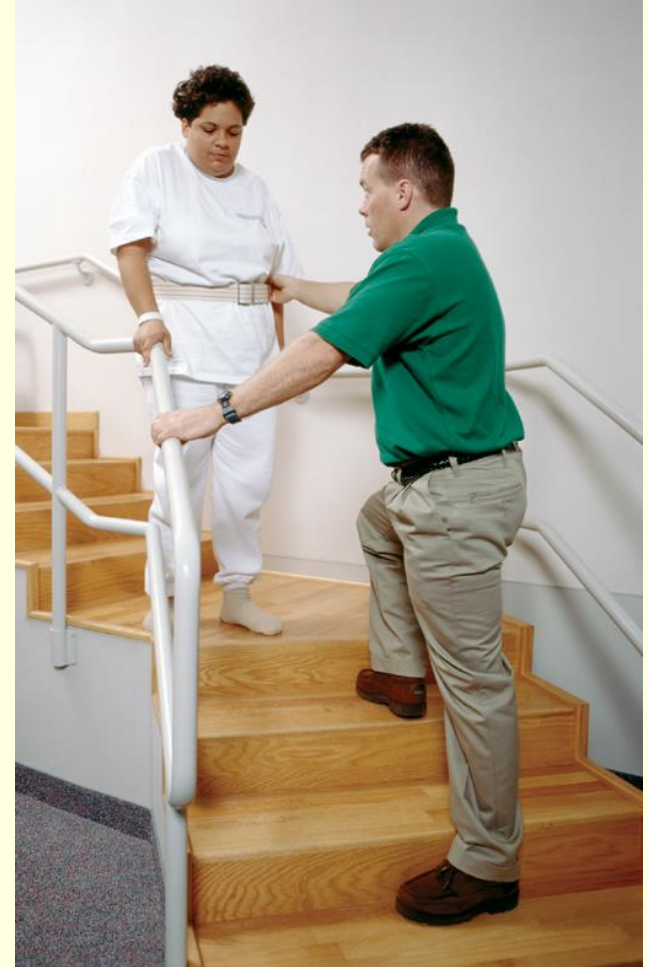
Exercise can help you to:

- Feel better each day.
- Have fun through activity.
- Feel better about yourself.
- Sleep better.

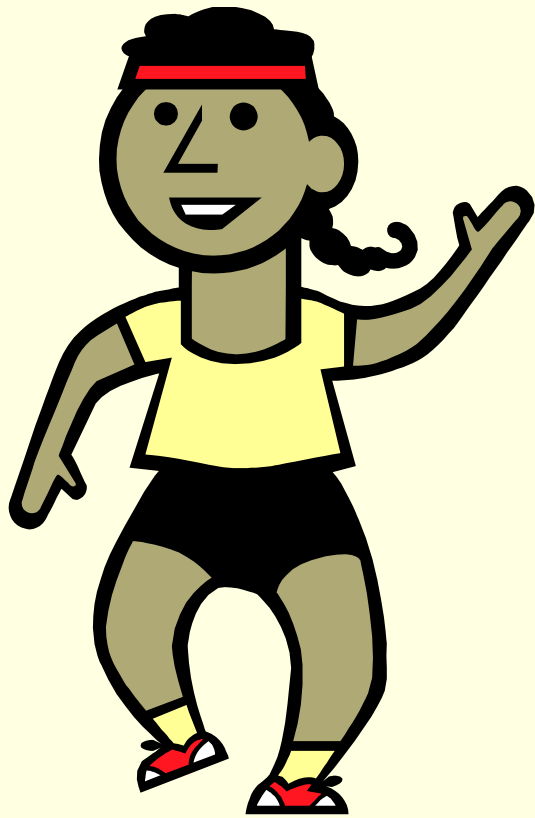


Planning ahead is an important step before you begin an exercise program.

- Talk with your doctor before you begin.
 - Your doctor can help you and your support person to learn how you can exercise safely based on your ability.
 - Your doctor or healthcare provider will help you develop an exercise plan just for you!



Some people with a developmental disability:



- May have difficulty moving their body in certain ways.
- May need to adapt the way that they exercise to prevent injury.
- May take medications that make them feel dizzy or tired.

Your doctor can help you and your support person learn about how to adapt your exercise.

Based on:

- Your abilities with movement
- Your health condition
- Your medications



Begin any exercise with stretching.

- Examples of stretching include:
 - Extending your arms towards your toes.
 - Reaching towards the sky.



- Stretch and keep it comfortable (it should not hurt) and then hold the stretch for 10 or more seconds.



- Stretching helps prevent injuries such as a pulled muscles.

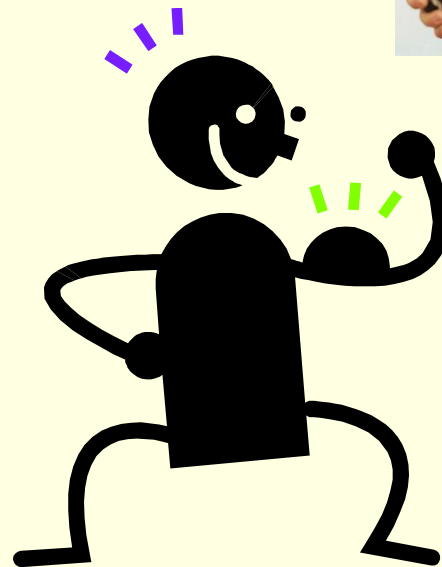
- When you finish exercising, stretch again.



Stretching helps you achieve your exercise goal and also helps prevent injuries.

- When you prepare for exercise, first by stretching, your body will learn to move in new and better ways.

- Each time you exercise, your muscles get stronger.



Exercise makes your heart stronger!

- Your heart is a muscle. Daily exercise makes your heart healthier and stronger.
- A healthy heart makes you feel better in everything you do!



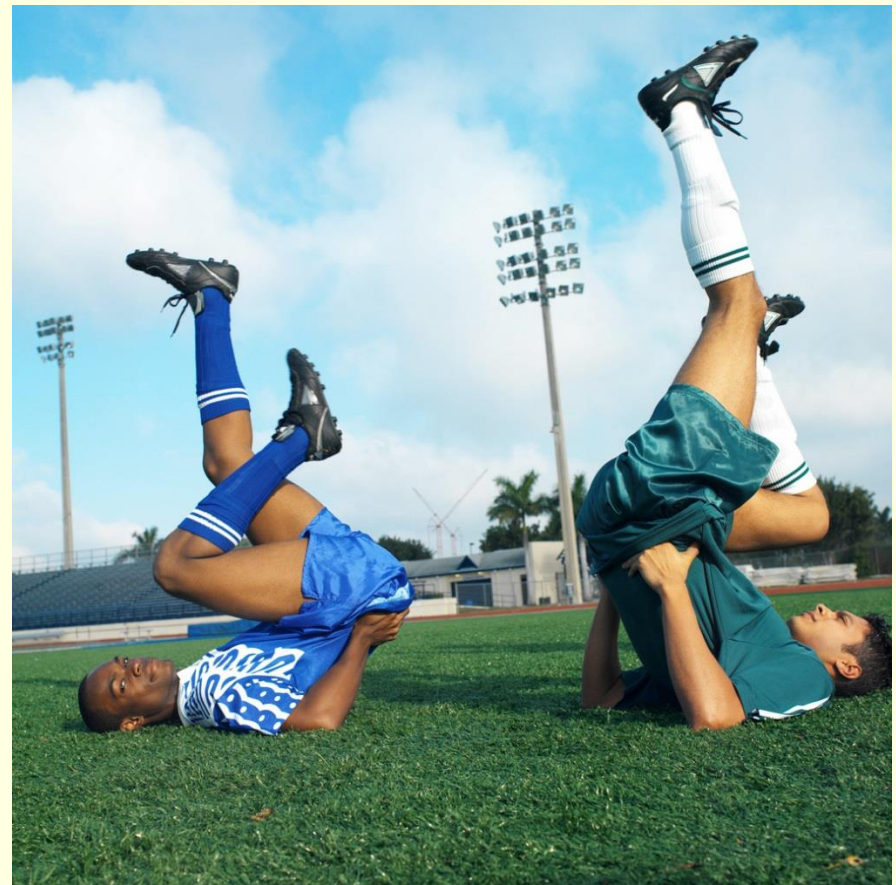
You should drink water everyday.

- You should drink 8 glasses of water throughout the day everyday.
- Being hydrated is having enough water in your body.
- Being hydrated is very important when you exercise.



Then you can begin!

- Exercise with a friend or support provider.
 - You can remind each other about the correct ways to do different exercises.
 - Exercising with a friend can also be fun!



When exercising, your body will tell you when you should take a break.

- Taking breaks when you are tired will help to prevent injury.
- You should stop exercising and tell someone if you feel:
 - Pain or discomfort
 - Nausea
 - Dizziness or lightheadedness
 - Chest pain
 - An irregular heart beat
 - A shortness of breath



Occasionally when you exercise, injuries may occur.

■ The most common exercise injury is a strained or pulled muscle.

- After exercise, your muscle is sometimes sore or hurts.
- First aid for a strained or pulled muscle is to place an ice bag over the area that is sore.
- Limit the ice to 15 minutes every hour.
- Avoid placing ice directly on your skin (place a towel under the ice).



Another common exercise injury is a scrape, abrasion, or cut.

- You can care for this injury by:
 - Keeping scrapes and cuts clean with soap and warm water.
 - Using a bandage on cuts and scrapes.
 - Calling a doctor if the injury is getting worse, or not getting better.



More serious exercise injuries can include:

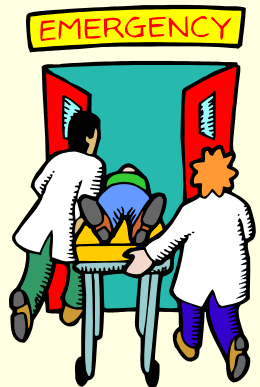
■ Sprains

– Can occur when you twist your ankle.

■ Broken bones, cuts, injury to your head, or loss of consciousness

– Can happen if you fall.

■ If you, or someone you are with, experiences a serious injury while exercising, call **9-1-1** or go to the emergency room for immediate help.



Enjoy your exercise!

- Exercise can be a fun experience!
- Exercise will help you to move better by keeping your muscles strong and flexible.
- You will feel better each day!
- You will feel better about yourself!
- Preparing for exercise will help keep you from being injured!



You and your support providers can learn more!

- The National Center on Physical Activity and Disability:
 - <http://www.nchpad.org/14/73/Exercise~Guidelines~for~People~with~Disabilities>
- DDS Safety Net Articles:
 - <http://www.ddssafety.net/health/eating-healthy-and-staying-active/healthy-living-tips-getting-active>
 - <http://www.ddssafety.net/everyday-life/community/finding-healthy-leisure-fun-activities-your-community>

You can also learn more about common exercise injuries.

■ To learn about strains and sprains:

- <http://kidshealth.org/en/kids/strains-sprains.html?WT.ac=ctg#cataches>

■ To learn about broken bones:

- <http://kidshealth.org/en/kids/broken-bones.html?WT.ac=ctg#cataches>

■ To learn about first aid kits for cuts and scrapes:

- <https://familydoctor.org/what-do-i-need-in-my-first-aid-kit/>