



**Eat More Fruits and Vegetables, Drink Water, and Get Active**



## Healthy Living - Exercise Tips for People Who Use Wheelchairs

### It's important to stay active and exercise

Exercise keeps you healthy. There are many activities you can do.

### Talk to your doctor before starting new exercises

- Your doctor will check your
  - General health, medications, and the way you move
- Talk to your doctor about
  - Which exercises are best for you
  - How to stay safe when exercising
    - Start slowly and rest if you get tired
  - Safe range of motion exercises
    - Range of motion exercises help you stretch

### Try some of these exercises:

- Arm Cycling - bicycle with your arms instead of your legs
- Chair Aerobics - move and stretch your body to music
- Rowing - pretend to row a boat in your chair
- Water Exercise - enroll in a class for swimming or exercises done in the water
- Yoga - involves special breathing and stretching exercises
- Tai Chi - a series of stretching and strength building exercises
- Resistance Training
  - Get a resistance band
  - Pulling the bands will exercise your muscles
- Lifting weights
  - Start with 1-2 pound weights
  - A can of food may be used for weights
  - Work up slowly to 5 pounds or more

### When you exercise

- Drink water frequently
- If you feel really tired or dizzy, STOP

