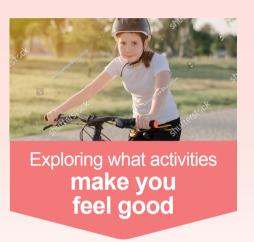
Physical Activity for Disabled Children and Young People

Getting and staying active is about

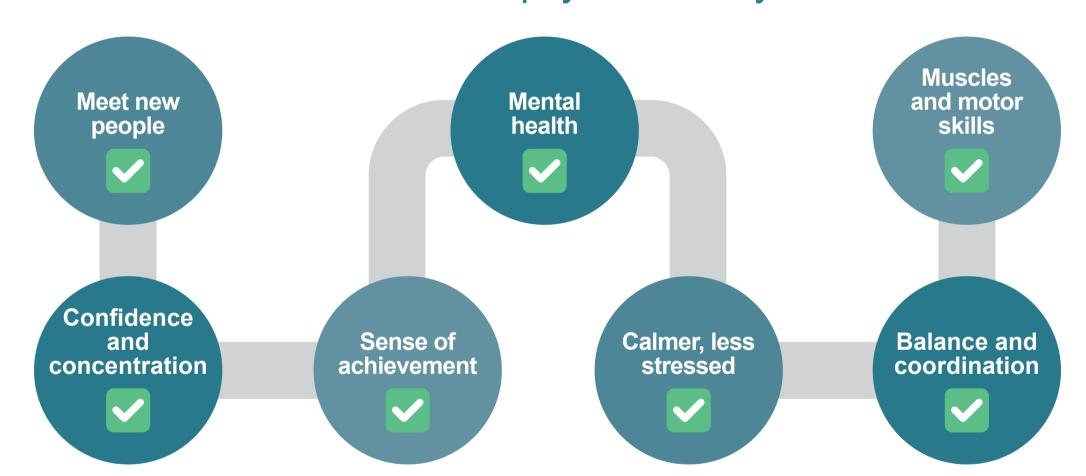








Benefits of physical activity



How much physical activity should I do?





Do challenging but manageable strength and balance activities 3 times per week

Small amounts of physical activity are good for you as well