

# Why should my child with a disability participate in physical activity?



Physical activity three times per week for at least twenty minutes can have a huge impact on the overall health and well-being of your child regardless of ability.

## Physical Benefits

Reduced risk for secondary conditions related to being sedentary

Maintain muscle strength

Improved flexibility and joint function

Reduced chance of:

Diabetes

Cardiovascular Disease

Obesity

Osteoporosis

Colon Cancer

Hypertension

Impaired Circulation

Can decrease maladaptive behaviors and fatigue



## Social Benefits

Provides an opportunity to form friendships with peers outside of school

Chance to learn teamwork

Can learn about competitiveness

Increase overall social skills

Allows children to feel more accepted by peers

### References

Murphy, N.A. & Carbone, P.S. (2008). Promoting the participation of children with disabilities in sports, recreation, and physical activities. *American Academy of Pediatrics*, 121 (5), 1057-1061.

Rimmer, J. & Rowland, J. (2008). Physical activity for youth with disabilities: a critical need in an underserved population. *Developmental Neurorehabilitation*, 11(2), 141-148.

## Psychological Benefits

Helps develop self-esteem

Provides an outlet for self expression

Helps foster a purpose of life

Promotes and increases independence

Increases coping abilities

Can increase and self-confidence

Decreases the risk for depression and anxiety

