

Exercises You Can Do In Your Wheelchair

It's important for everyone to stay active and exercise.



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

Some examples are:

- Range of motion exercises
- Yoga and Thai Chi
- Resistance training
- Weight training

Talk to your doctor before starting new exercises.

- Your doctor will check your:
 - General health
 - Medications
 - The way you move
- Talk with your doctor about:
 - Which exercises are best for you
 - How to stay safe when exercising

Ask your doctor about safe range of motion exercises.

- Range of motion exercises are stretching exercises.
- Ask a partner to help you.
- Warm up slowly.
- Start slowly and rest if you get tired.



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 or on a special piece of equipment
- Water Exercise: Enroll in a class for swimming or exercise

You could also try Yoga or Tai Chi.

- Yoga involves special breathing and stretching exercises.
- Tai Chi is a series of dance-like movements.
- You do not need any special equipment to do these exercises.
- For more information check with your library or park and recreation district.

Learn to do resistance training.

- You need a resistance band:
 - It is like a large rubber band
 - You can buy one at a sports store
- Wrap the band around:

- Pulling the bands will exercise your muscles.



Try lifting weights

- Lifting weights is also called weight training.
- Use weights or cans of food.
- Start with 1-2 pound weights.
- Work up slowly to 5 pounds or more.

Remember, before you start exercising:

- Talk to your doctor first
- Ask someone to show you how to do the exercises
- Start slowly
- Exercise with someone else
- It is safer and more fun

When you exercise:

- Eat food at least one hour before you start
- Warm up before you exercise

- Stretch before and after you exercise
- Drink water frequently
- If you feel really tired or feel dizzy, STOP