

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR PERSONS WITH DISABILITIES

Persons with disabilities can achieve important health benefits from physical activity. They should try to meet these recommendations where possible and as able.



MOVE TOGETHER & INSPIRE

RECOMMENDATIONS

GET STRONGER

Strengthen muscles, bones, and joints through activities at least 2 days a week.

KEEP MOVING

Aim to **engage in physical activities every day**, including light-intensity activities.

HIT 150 - 300

Aim for at least **150 to 300 minutes of moderate-intensity aerobic physical activity per week**.

*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

150 - 300 minutes

TIPS



Avoid staying sedentary by spreading out some light-intensity activity throughout the day.



Turn workouts into social events by reaching out to your friends and family to exercise together for extra support and motivation.



Take a phased approach if necessary – gradually increasing the complexity and intensity of your activities.



Seek doctor's recommendations on suitable physical activities if unsure on how to start.



Listen to your body, reduce the intensity of your activities and adapt accordingly to prevent overexertion.

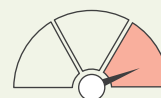
EXERCISE INTENSITY



Light
Can talk in full sentences and sing



Moderate
Can talk in phrases or short sentences but cannot sing



Vigorous
Have difficulty talking

GUIDELINES BY SUB-POPULATION: PERSONS WITH DISABILITIES

UPDATES IN THE SINGAPORE PHYSICAL ACTIVITY GUIDELINES (SPAG): PERSONS WITH DISABILITIES

WHAT'S NEW

Encourage physical activity for persons with disabilities

Safety considerations of physical activity for persons with disabilities



IT IS RECOMMENDED THAT...

Adults with disabilities who are not able to meet the key guidelines should avoid inactivity and engage in regular physical activity according to their abilities.

To participate in physical activities that are adapted to accommodate those with disabilities, for example, engage in basketball, badminton, tennis, and swimming.

Focus on finding and doing activities that you can enjoy, instead of avoiding all activities due to mobility and health concerns.

SAFETY CONSIDERATIONS



Participate in suitable activities that are safe



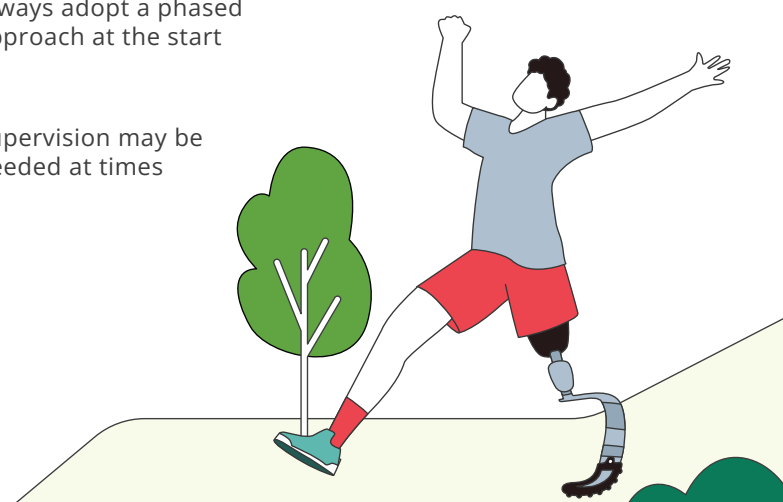
Always adopt a phased approach at the start



Seek doctor's recommendations on suitable physical activities



Supervision may be needed at times



SUMMARY OF EVIDENCE: CHRONIC ILLNESS & DISABILITIES

DISABILITIES



PHYSICAL FUNCTION:

Physical activity can improve motor symptoms, functional mobility and performance, endurance and velocity of forward and backward movement.

MENTAL HEALTH:

Increasing functional independence and ability helps to increase the confidence and mental health of those with physical disabilities.

COGNITIVE FUNCTION:

Physical activity can have beneficial effects on cognition, working memory, social cognition, and attention/vigilance.



CASE STUDIES: PERSONS WITH DISABILITIES

CASE STUDY #1



JAVEN, 16

Enjoys playing wheelchair basketball despite a spinal cord injury

Javen is an active teenager. On weekday mornings and evenings, he clocks in additional wheel time at the park connectors. He has always been an active boy and knows that he sleeps better after higher levels of activity in the day. Javen also engages in structured leisure-time physical activity once a week in the form of an organised wheelchair basketball game that lasts for 120 minutes.

In addition to the aerobic activity that he is exposed to in his basketball games and daily time spent at the park connector, Javen goes to the ActiveSG Enabling Village once a week to do some upper body strength exercises. Javen has a great social network, and his friends are also very active and inclusive, so he gets other opportunities throughout the week to be active and involved in sporadic bouts of physical activity with his buddies.

Javen has found the right balance of light, moderate- and vigorous-activities incorporated into his weekly routine. For Persons with Disabilities, it is important to:



Combine strength and cardiorespiratory activities



Include some light mobility and flexibility exercises to ensure proper recovery and minimise the risk of injury

CASE STUDY #2



SERENE, 17

Diagnosed with an intellectual disability and does not have many opportunities for physical activity

Serene is in her final year of school. Her day is structured to include regular physical activity with the support of trained teachers for those with special needs. Serene's parents are concerned that she will not be able to remain active and stay healthy when the school term ends. To help Serene incorporate physical activity into her routines outside the school, they purposefully bring Serene out for a 30-minute light-intensity walk in the park every weekday evening. At home, Serene's mother gets Serene to help with some of the housework. This usually takes 60 minutes on weekends. Serene's mother gets her to play more organised sports and have recently signed her up to try adapted badminton.

Serene and her parents are making a great effort to help Serene stay physically active. Her family should also aim to get Serene to engage in more moderate-intensity activities during her evening walks and when doing housework.



By including sport like adapted badminton into Serene's weekly routine, it will allow her to get the physiological benefits of physical activity and provide her with an opportunity to form social connections with others while having fun

