Physical Activity

“Take care of your body. It’s the only place you have to live.”
– Jim Rohn

Introduction

Staying healthy is a key part of reaching goals. Working on goals requires energy, strength, and overall wellbeing. Physical activity can support staying healthy and reduce the negative impacts of health conditions which may be a barrier to reaching goals.

In the Physical Activity session, participants can identify their current level of physical activity, learn about the benefits of increased activity, explore new activities to try, and practice strategies for staying motivated.

Content Summary

Introduction: Examine ways to stay motivated and overcome physical activity barriers, cover short- and long-term benefits to staying active and explore basic facts and misconceptions around physical activity as a place to start viewing it as a way to support goals

Exploring Activities: Exploring activities that work out different areas of the body, and types of activities and activity levels of various intensities is a way to identify personal physical activity needs and preferences

Increasing Activity: Using an activity level checklist is helpful to discover ways to increase physical activity, and make sure to stay safe while doing so

Planning: Organizing types of equipment, locations, exercise tips and available support into a personal plan is key to increasing activity
Learning Objectives

The Physical Activity session helps participants discover how physical activity affects overall wellbeing, which includes physical, mental, social, and emotional health.

Participants learn how being active can help them feel good, so they are able to pursue goals. They learn how to increase activity in small ways that will ultimately have a large positive impact on their overall health and wellbeing.

Disability Community Partnership Shaped Content

In the development of this session, CIL project partners highlighted how many people with disabilities may face unique barriers to engaging in physical activity, such as negative or discriminatory public attitudes, inaccessible gyms, pain, fatigue, and expensive or unfamiliar equipment.

Project partners identified how important support is in order to overcome these barriers and maintain motivation. This session emphasizes support as key to increasing and enjoying physical activity as a way to maintain energy and stamina to work on goals.