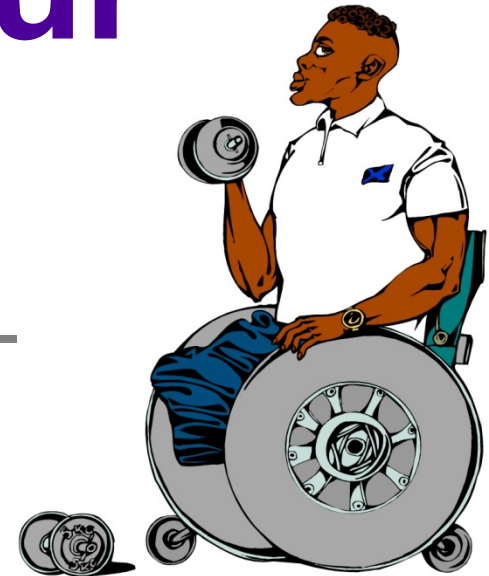




Exercises You Can Do In Your Wheelchair





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.

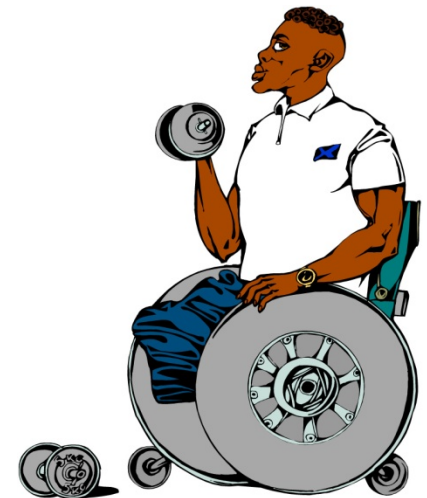
- **You need a resistance band:**
 - It is like a large rubber band
 - You can buy one at a sports store
- **Wrap the band around:**
 - A door
 - The arm of your wheelchair
 - A pole
- **Pulling the bands will exercise your muscles.**





Try lifting weights.

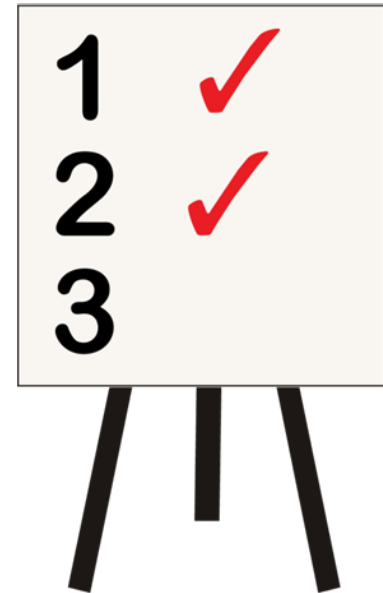
- **Lifting weights is also called weight training.**
- **Use weights or cans of food.**
- **Start with 1-2 pound weights.**
- **Work up slowly to 5 pounds or more.**





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**





Learn more about exercising in a wheelchair.

- **How to Exercise in a Wheelchair**
 - http://www.ehow.com/how_2049247_exercis_e-wheelchair.html
 - <http://www.thewheelchairsite.com/exercise/>
- **The Safe Way to Exercise**
 - <http://www.ddssafety.net/DisplayArticle.aspx?StoryID=1120>



Learn more about exercising in a wheelchair.

- **Weight and Resistance Training:**
 - http://findarticles.com/p/articles/mi_m0803/is_1_46/ai_76812352/
- **Resistance Training:**
 - <http://www.mobility-advisor.com/wheelchair-exercise.html>