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.thewheelchairsite.com/exercise/

• The Safe Way to Exercise
Learn more about exercising in a wheelchair.

• **Weight and Resistance Training:**
  - [http://findarticles.com/p/articles/mi_m0803/is_1_46/ai_76812352/](http://findarticles.com/p/articles/mi_m0803/is_1_46/ai_76812352/)

• **Resistance Training:**