



Weekly
**physical activity
recommendation**
for adults with
functional limitations

 UKK Institute

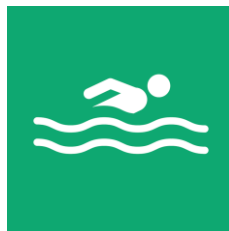


Adapted physical activity for well-being



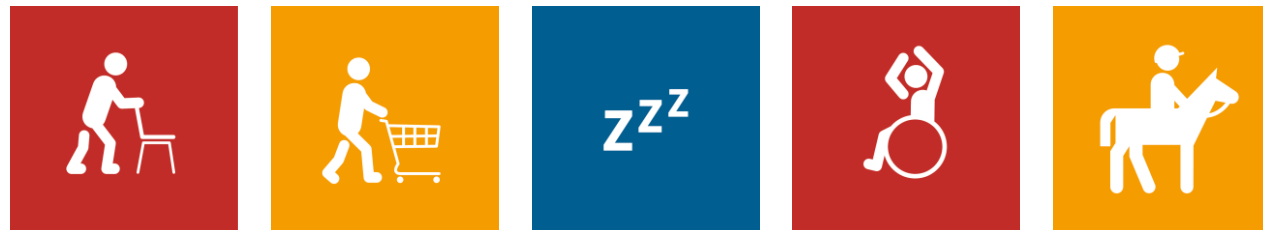
Adapt physical activity to your health and abilities

- Functional ability is shaped individually by physical, mental and social factors.
- Healthcare and sports professionals can help to find the right form of physical activity or exercise and assistive device for you.





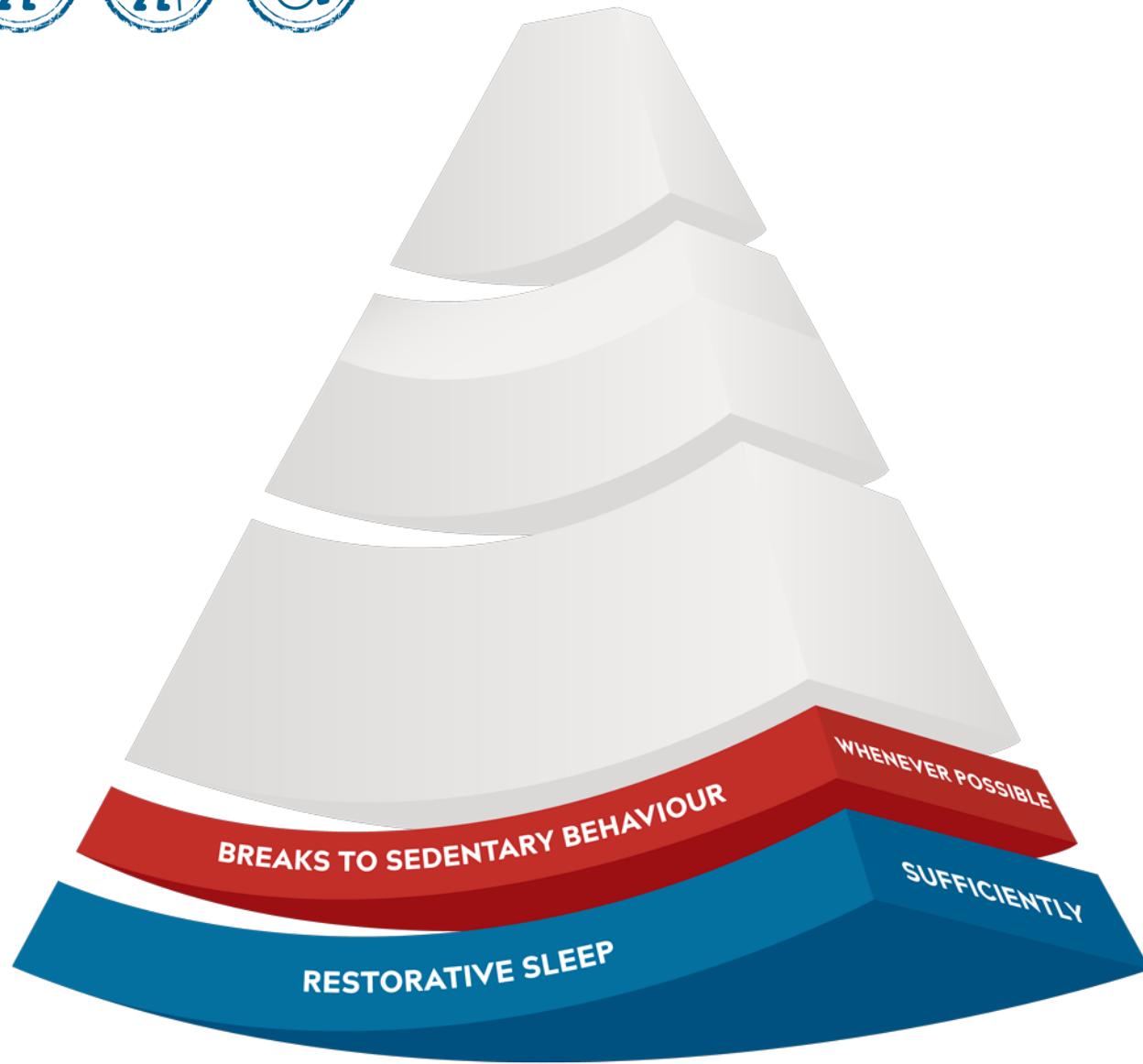
Balance physical activity and rest





Restorative sleep sufficiently

- Adequate sleep is important.
- During sleep, body recovers from daily stress.
- Listen to your body, take a nap and rest when you feel the need to.



Breaks to sedentary behaviour whenever possible

Movement

- activates your muscles
- reduces stiffness and stress on your body
- improves your well-being
- and helps maintain your functional ability.



Light physical activity as often as possible

All movement counts:
household chores,
shopping trips
and other daily activities.



Adapted physical activity for well-being and functional ability

Even short bouts count.





Moderate physical activity at least 2 hours 30 minutes per week

Any activity that increases
your heart rate counts.

Physical activity is moderate
if you are able to talk despite
shortness of breath.



OR



Vigorous physical activity at least 1 hour 15 minutes per week

You can achieve the same health benefits in a shorter time by increasing the intensity of your activity.

Physical activity is vigorous if talking is difficult due to shortness of breath.



IN ADDITION



Muscle strengthening and balance activities at least twice a week

Train your muscles and challenge your balance. Combine exercise with stretching.

Choose and adapt your way, e.g. gym training, group exercise or dance.



Adapt to your abilities



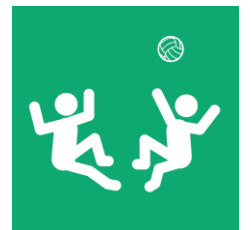
Move daily or almost daily
in versatile ways.





Physical activity creates comprehensive well-being

- Your brain activates.
- Your happiness increases.
- Your stress reduces in the nature.
- You relax and unwind.
- Your mood is boosted.
- You become a part of a group.

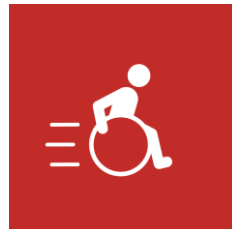




Physical activity sustains your functional ability in everyday life

Regular physical activity

- prevents, treats and rehabilitates several illnesses
- improves physical fitness
- and makes daily tasks easier.





Sources

[Physical Activity Guidelines for Americans](#). U.S. Department of Health and Human Services, 2018

[2018 Physical Activity Guidelines Advisory Committee Scientific Report](#). Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services, 2018



Thank you!

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