



Physical Activity Recommendations for Adults With Chronic Health Conditions and Disabilities

Regular physical activity provides important health benefits for those with chronic health conditions or disabilities, including cancer survivors and people with osteoarthritis, hypertension, type 2 diabetes, multiple sclerosis, stroke, Parkinson's Disease, spinal cord injury, dementia, and other cognitive disorders.



Physical Activity Recommendation

Adults with chronic health conditions or disabilities who are able should:

- Get at least **150 minutes** (for example, 30 minutes 5 days a week) of **moderate-intensity aerobic physical activity a week**.

And

- Get at least **2 days a week of muscle-strengthening activities** that include all major muscle groups.

If you are unable to meet the recommendations, be as active as you can and try to **avoid inactivity**.



Benefits

- Supports **daily living activities** and **independence**.
- Immediately helps you **feel, function, and sleep better**.
- Helps control weight and **improves mental health** by reducing depression and anxiety.
- Lowers the risk for early death, heart disease, type 2 diabetes, and some cancers.
- Decreases pain and **improves function in people with osteoarthritis**.
- Improves cardiovascular health, muscle fitness, and **brain health**.



Examples of Physical Activity

Aerobic

- Walking, wheelchair rolling, or biking to places.
- Swimming or water aerobics.

Muscle-strengthening

- Some yoga postures.
- Strengthening exercises using exercise bands, weight machines, or handheld weights.

Note: If you have chronic health conditions or disabilities, you can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for your abilities. Learn more about [increasing physical activity for adults with disabilities](#).

For more information, visit <https://www.cdc.gov/physicalactivity/basics/>

Source: *Physical Activity Guidelines for Americans* [PDF-14.4MB], 2nd edition (Chapter 6, pages 42–44 and 81).

