

Your Guide To Physical Activity and Accessible Recreation In Kingston



"I look forward to each visit, especially working with the volunteers as they help me towards my fitness goals." -- Mary

"I attend the program twice a week and have noticed a difference in the range of motion in my upper body. My friends have noticed a difference in my energy levels and I am sleeping better at night." --Andrew

HOW MUCH IS ENOUGH?

For fitness benefits, adults with a spinal cord injury should engage in at least **20 minutes of moderate to vigorous intensity aerobic activity two times a week**, along with **strength training exercises two times per week**. (Canadian Physical Activity Guidelines for Adults with Spinal Cord Injury).



To achieve important fitness benefits, adults aged 18-64 years with multiple sclerosis who have mild to moderate disability need at least **30 minutes of moderate intensity aerobic activity, 2 times per week and strength training exercises for major muscle group, 2 times per week**. (Canadian Physical Activity Guidelines for Adults with Multiple Sclerosis).

HOW CAN I BECOME ACTIVE ?

- Take time to write your fitness goals for EVERY DAY.
- To add an additional activity component to your daily walk, try walking with weights.
- Alternate between different muscle groups or parts of your body.
- Begin your workout with moments of light activity followed by light stretching.
- If you use a wheelchair or a seated mobility device, consider investing in a resistance band.
- Participating in local programming may offer a support system of people who can exercise with you.
- Access your resources! Speak to your doctor, specialist, or physiotherapist about recommended exercises or programming.
- Know your limit! Exercise within it!

WHAT ARE THE BENEFITS?

Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health related to quality of life.

Social connectedness, positive self-concept and psychological well-being are all positive outcomes of being physically active in your community.



To find more opportunities for accessible recreation in Kingston visit :

kingstongetsactive.ca