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facts about community gym exercise for young adults with disability

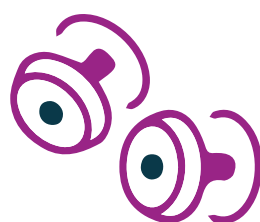


1

The community gym is a preferred place to exercise

Physical activity in people with developmental disability often declines as they move through adolescence into adulthood:

- physical activity guidelines for adults with disability are the same as the general population
- many young adults do not meet these physical activity guidelines
- adults prefer to exercise in community settings including the gym.

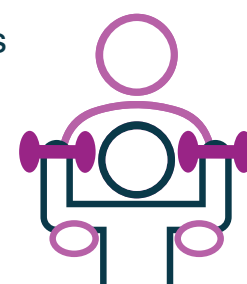


2

Community-based gym exercise is safe and feasible

Young adults with disability may have worries about starting to exercise in the gym:

- exercising in the gym setting is safe for young people with disability
- this is also true for participants with complex disability
- physiotherapists can play a role in participation in community gym exercise.

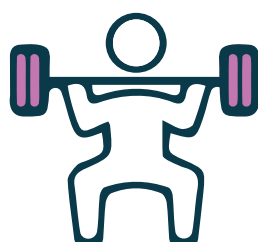


3

The social and physical environment is an important influence on gym participation

Factors relating to the social and physical environments and cost influence attendance and involvement in physical activity:

- social support is a key facilitator of physical activity
- inclusive behaviour creates positive social connections which is a strong motivator
- standard gym equipment can be adapted for individual purposes
- gym entry fees and other costs for carer support or transport can be a barrier.

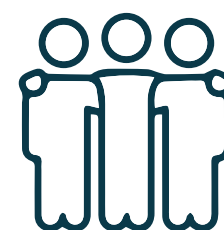


4

There are physical and psychosocial benefits from participating in community gym exercise

Physical and psychosocial benefits include:

- improved cardiovascular fitness and strength
- better management of secondary co-morbidities
- opportunities to develop social networks
- improved confidence, mood and self-efficacy.



5

Social support is important for facilitating gym participation

A physiotherapist can help clients at both an individual and a collaborative level by:

- assisting gyms to develop pathways into gym exercise for people with disability
- supporting gym staff to include people with disability
- working with clients to identify preferences for ongoing social support.



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