



Active fun for everyone: improving activity in children and young people with physical disabilities



Patient information awards

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This leaflet aims to encourage children and young

people with physical disabilities to be more active. It explains why physical activity is

important, highlights the recommended amount of activity, and offers ideas for getting more active. It also considers the factors that make it more difficult for young people with disabilities to be active and provides suggestions for adapting activities to make them accessible.

The leaflet was written in partnership with the Complex Movement and Neurorehabilitation Service of the Royal Belfast Hospital for Sick Children, and has been endorsed by the Active Living: No Limits forum.

This leaflet has been updated following the publication of the UK CMOs guidelines for disabled children and young people. The new guidelines are available here:

[Physical activity guidelines: disabled children and disabled young people - GOV.UK \(www.gov.uk\)](https://www.gov.uk/physical-activity-guidelines-disabled-children-and-disabled-young-people)

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Details

Format

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Target group

Children and young people with a physical disability, their parents and carers

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Attachment	Size
Active fun for everyone: improving activity in children and young people with physical disabilities	3.08 MB

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