

Thursday, 22 March 2018

[Health and Social Wellbeing Improvement](#)



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### **Patient information awards**

Commended

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 recommendation that all children and young people get 60 minutes of activity every day, 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 was developed before the publication of the UK CMOs guidelines for disabled children and young people and will be reviewed and updated as soon as capacity allows. Aside from the recommendation for the amount of time spent being physically active, the majority of the information in it remains relevant.

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)

## Details

Format

12 pages A5 leaflet

Target group

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

## Downloads

Attachment	Size
<a href="#">Children Phys Act Disabilities A5 Leaflet 02_18_FINAL.pdf</a>	850.56 KB

## Tags

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- [young people](#)
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