

6 TIPS TO MAKE PHYSICAL ACTIVITIES FUN FOR INDIVIDUALS WITH DOWN SYNDROME



Muscle weakness, low bone density, and structural cardiac abnormalities are common among individuals with Down syndrome. That is why physical activity is so important! We've all been there trying to get creative on how to get out of a workout. But it is easy to get in the right amount of exercise if you make it fun! Here are some ideas that will help you stay motivated!

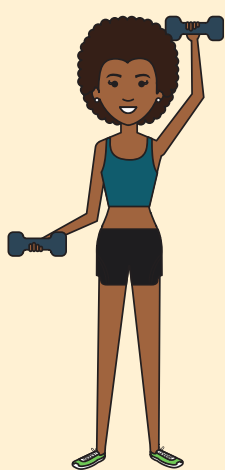


ENDURANCE

Endurance is the ability to keep moving for long periods of time. Some fun examples are running, biking, dancing, brisk walking, aerobics and swimming.

Recommended: 30 minutes, 5 days each week.

Tip: Go dancing! Wear a tracker to see how fast your heart is going and how much stronger you are getting!



STRENGTH

Strength training helps you increase muscle mass as well as strengthen your bones, plus it's great for weight control. Some versions include dumbbells, barbells, machines, medicine balls and exercise bands

Recommended: 2-3 days each week.

Tip: Learn one skill or half a skill and progress from there. Start with half a squat or chair squat and then increase from there.



FLEXIBILITY

Flexibility can help you prevent injuries, back pain, and balance problems. Some examples are yoga, static stretching and dynamic stretching.

Recommended: full body stretch 2-3 days each week.

Tip: Make modifications! Start small and through repetitions and progression you will gain flexibility.



BALANCE

Balance helps you improve coordination and to prevent falls and injuries. This is also important because as we age, we lose the ability to know where we are in space. Some forms of balance exercises are yoga, static and dynamic balance.

Recommended: 2-3 days each week.

Tip: Use your imagination! Get creative and use props. Imagine that you're jumping onto a log! Try paddleboarding.



EXERCISE WITH A FRIEND!

Your dog doesn't count! Working out with a friend encourages you to work harder and to be more adventurous. It also keeps you accountable and you have someone to share your progress with.

Ideas: bike riding, tennis, walking or throwing a frisbee. In that case, bring your dog!



JOIN YOUR LOCAL SPECIAL OLYMPICS

Join a supportive community where you will build your confidence, make new friends and challenge yourself physically. You will also have the opportunity to join sporting events and learn skills that transcend the playing field.

For more fitness and health resources join myDSC

*Always speak to your doctor before trying a new exercise routine.