

# A Teen's Guide to Physical Activity & Sport



Your energy, your rules, your way to play!

## Keep Moving, Keep Growing!

Keeping active is important to maintain and improve your physical and mental health. The Chief Medical officer recommends 20 minutes of physical activity a day for disabled teens. It can help you to learn new skills, have new experiences, meet new people and work towards your personal goals.



## Why be active?

When starting; build slowly, ask "can I do this today?"

Do challenging but manageable strength and balance activities 3x per week

Do bitesize chunks of physical activity throughout the day

Small amounts of physical activity are good for you



## We Can Help You Address Changes As You Grow!

- Changes in routine (school, exams, job, services)
- Access to activities
- Changes to body / residual limb / prosthetic fit
- Getting changed in front of others
- Worry about peers, attitudes and reactions



## Physical Activity Helps With

1 Muscles and motor skills

2 Sense of achievement

3 Balance and coordination

4 Improving mental health

5 Confidence and concentration

6 Making you calmer and less stressed

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## Being Active At University



You can still take part in sport and physical activity at any level. Most universities have a Disability or Student Support Service. Register to access gym inductions, adapted sessions, or support in sports clubs.

**Talk to the right people if you're unsure where to start, try:**

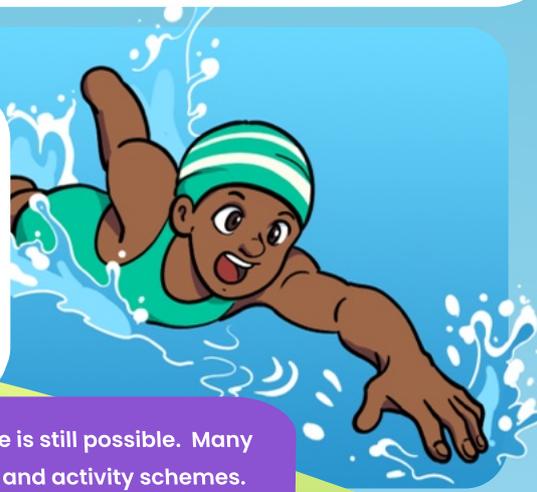
Contacting the university Sports Service or Students' Union to find inclusive or social sport options. You don't need to be competitive, being active can be as simple as swimming, gym sessions, or trying something new with friends.

## Competition, Clubs & Your Choice!

If you want to compete, some universities support para sport pathways and disability-inclusive competitions. You can take part with or without a prosthesis. Activities can be adapted to work for you. Whether you choose social sport, regular exercise, or competition, the most important thing is finding what feels right for you – at your pace, your way.



Starting work can change your routine, but being active is still possible. Many workplaces offer wellbeing support, or access to gyms and activity schemes. Speak to your manager or HR team about reasonable adjustments that help you stay active. Being active might look different – walking, swimming, gym sessions, or home-based exercise all count.



## Find a Sport That Doesn't Rely on Your Prosthesis

- Upper Limb: swimming, running, football
- Lower Limb: swimming, kayaking, canoeing, archery

These are just suggestions, find the activity that works for you by visiting the Limbpower website: [www.limbpower.com/sports](http://www.limbpower.com/sports) where all the national governing bodies of sports share disabled opportunities.

## Find New Opportunities

- Trying new sports
- Learning new skills
- New experiences
- Independence
- Meeting new people

## Cool groups that can help you

LimbPower are a super friendly group for amputees, they run camps and taster days

[info@limbpower.com](mailto:info@limbpower.com)

- Sport England help young athletes find their competition sport

[www.sportengland.org/contact-us](http://www.sportengland.org/contact-us)

- Walk:Enabled Walk:Enabled offer physiotherapy, specialising in amputees and activity

