

Getting Started



According to the NHS Guidelines to stay healthy or to improve health, adults need to do two types of physical activity each week: aerobic and muscle-strengthening activity.

- At least 150 minutes (2 hours and 30 minutes) of **moderate-intensity aerobic activity** such as cycling or fast walking every week, and
- **Muscle-strengthening activities** on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

LimbPower Guidelines

How many / What / How often

- **30 minutes of moderate exercise** five times a week. Moderate-intensity aerobic exercise means working at an intensity of 6/10. You should still be able to carry on a conversation during exercise. This can be broken up over the course of a day and week, as long as the time is met in total.
- **8-10 different strength-training exercises** two to three times per week. Each exercise should be repeated 10-15 (reps)
- **3-4 different balance exercises** two to three times per week
- **3-4 different agility exercises** two to three times per week

What is moderate-intensity aerobic activity?

Moderate-intensity aerobic activity varies for each of us depending on how fit we are. Good examples of moderate-intensity aerobic activities are:

- walking fast
- water aerobics

- riding a bike
- doubles tennis
- pushing a lawn mower
- hiking
- skateboarding/ rollerblading
- basketball

Moderate-intensity activity will increase your heart rate. A good indicator is if you're too breathless to sing a song but not to talk.

Types of fitness

- Aerobic (or cardio-vascular) fitness
- Strength training weights
- Muscular endurance
- Flexibility
- Agility
- Speed
- Reaction time
- Balance
- Power (strength multiplied by speed)
- Co-ordination

Different sports, exercises and fitness activities develop these different aspects of fitness to different degrees. LimbPower are focusing on agility, balance, co-ordination, flexibility (Range of Motion), strength and conditioning for this programme. You can also have a look at the OttoBock Application "Fitness for Amputees" on your phone. If you want more help why not contact LimbPower's National Sports Development Officer who can put you in touch with the right contact to take your fitness to the next level.

An amputation can cause an imbalance between the left and right side of your body, problems with your posture and muscle

tightness and shortening on the residual limb. It is important to maintain your range of motion and keep your muscles supple to avoid pain and injury.

Talk to your healthcare professionals before starting to exercise to check what activities might or might not be suitable. Whatever your medical history, start slowly. If you experience chest pain, dizziness or feel faint at any time while you're exercising, stop immediately and see a doctor. During exercise you should feel no more than a burning sensation in your muscles, not a sharp pain. If something hurts, stop doing it.

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