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[Adaptive Sports: Staying Active While Living With A Disability](#)

An estimated 56.7 million people in the United States (19%-20%) have a disability. Staying active while living with a disability is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself.

Everyone — regardless of chronic conditions or ability — can achieve more movement. Regular physical activity can prevent or improve many chronic conditions. These include heart disease, diabetes, obesity, depression, and some cancers. Adaptive sports and recreation programs offer people with disabilities ways to take part. As a result, anyone can enjoy health, leisure, social, and competition benefits.

Check with your doctor or physical therapist before starting any exercise or adaptive sport. They can make sure you are healthy enough. They also can recommend the kind and amount of physical activity that is safe for you. If you need help, a physical therapist can evaluate you. A physical therapist can design an exercise treatment program specific to you. The goal is to help you enjoy the many health benefits of regular physical activity.

For people with disabilities, there are many adaptive sports and recreation programs that can be enjoyed for health, wellness, leisure, social, and competition benefits. [Adaptive Sports: Staying Active While Living With A Disability](#) provides information on a variety of adaptive sports including cycling, golf, horseback riding, volleyball, skiing, tennis, and swimming.

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