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Exercise Routine for Disabled People Wheelchairs

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May 18, 2011 "Share your voice on Yahoo! websites. Start Here."

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Exercise routines offer many benefits for disabled people in wheelchairs. According to the President's Council on Physical Fitness many people with disabilities live sedentary lifestyles and this can lead to health problems.

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To avoid health problems people with disabilities need to participate in a regular exercise program that will focus on aerobic exercise, increasing flexibility and developing muscular strength.

According to the University of Iowa Health Care Center for Disabilities and Development states that exercise should be performed between four and five days per week. The workout sessions should last between 30 to 45 minutes. It is recommended that you gradually increase the

duration your workout per session. Please consult with your doctor or physician prior to partaking in any exercise routine. Always use caution when you are performing the exercises and stretches. If you ever feel light headed or dizzy immediately stop exercising. Maintain proper form and never hold your breath.

To increase range of motion and prevent injuries, it is vital to perform flexibility training. Flexibility helps decrease the risk of tendinitis in the upper body, which is a common injury for the disabled. Yoga training is another option for people that are disabled. Various poses can be performed. Recommended poses are the eagle pose and the cat pose. To stretch the back, arms and shoulder muscles perform the eagle pose. Lift your arms up and cross them at your elbows. Your hands will face back to back. Hold the pose for between 20 and 30 seconds. To stretch the lower back, perform the cat pose. Grab your chair and round your upper body forward. Drop your chin toward your chest and arch your spine. Hold the pose for between 20 and 30 seconds. To receive more information on yoga for the disabled check out mayallbehappy.org.

Flexibility is important and so is aerobic training. Aerobic training promotes weight loss, increases energy and improves cardiovascular conditioning. When creating your program pick an activity that you enjoy. Activities that can be performed are wheelchair basketball, wheelchair volleyball and wheelchair tennis. A recommended aerobic sport can be wheelchair racing. The benefits of this activity are that you can perform the race at your own pace. Wheelchair racing can be done by pushing your wheelchair on a running track or in a neighborhood. Start out each workout with light intensity to warm up the muscles. As you feel more comfortable add more intensity to the workout by racing at a faster pace.

Another type of exercise is resistance training. Resistance training can be performed to increases

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strength and muscle definition. Various upper body workout plans can be performed. Two effective arm exercises that can be performed are the bicep curl and triceps extension. When performing the bicep curl grab a small set of dumbbells or hand weights. Hold the weights at your side and bend your elbows to bring the weights towards your shoulders. Keep the elbows tucked at your sides. Perform three sets of between eight and 12 repetitions. To perform a seated triceps extension hold the dumbbell over your head slowly bend your elbow and lower the weight straight down. Once the dumbbell is over your head push the weight back up until the arm is extended.

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