ADVANCING PHYSICAL ACTIVITY KNOWLEDGE AND PARTICIPATION
AMONG CANADIANS LIVING WITH SPINAL CORD INJURY

The Benefits of Physical Activity for Adults with SCI

(And the research that came up with them!)
Physical activity is associated with many physical, psychological and social benefits for persons with spinal cord injury.

Physical activity is fun, and there is more good news.

Research shows that following the recommendations in the Physical Activity Guidelines for Adults with SCI one can expect improvements in aerobic fitness and strength - both of which can promote increased independence!
The following slides will show some other health benefits you may experience from following the recommendations presented in the Physical Activity Guidelines for Adults with SCI.

Also, we have included the evidence based research that support these examples.
Greater strength and endurance so that you can wheel for longer and transfer in and out of your chair more easily.


Better overall health and quality of life.

More energy to perform activities of daily living such as self-care, food preparation, and cleaning.


Increased opportunities to socialize with others.


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PHYSICAL ACTIVITY GUIDELINES
for Adults with Spinal Cord Injury

Less pain.


Lowered risk of depression and stress.

Lowered risk of depression and stress.


Short-term reductions in spasticity.

Greater wheelchair skills and propulsion.

Reduced cholesterol and fats in your blood, which can lower your risk of developing several chronic diseases.


Improve your ability to regulate blood glucose, decreasing your risk for type II diabetes.


Less night-time periodic limb movements, which may result in better sleep quality.