



## **A MINUTE OF HEALTH WITH CDC**

### *Physical Activity is Important for Adults Who Have Disabilities*

*Physical Activity Among Adults with Disabilities – US 2005*

Recorded: October 9, 2007 posted: October 12, 2007

*This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

October is disability awareness month, and one in five adults in the U.S. has a disability. Physical inactivity is very common among this group. In fact, each week, more than one fourth of adults who have disabilities are physically inactive. And yet, physical activity regimens, tailored to specific needs, provide numerous health benefits, including pain reduction.

CDC funds projects in 16 states designed to promote the health and well-being of people who have disabilities. Eliminating participation barriers and providing access to health promotion services is a critical first step to helping people who have disabilities achieve their optimal health.

Thank you for joining us on *A Minute of Health with CDC*.

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