

Recreation - Sports and Leisure

Everyone benefits from physical activity and an active, healthy life. Exercise can help with managing weight, strengthening muscles and building cardiovascular endurance. Participating in recreation and sports also can build self-confidence, social skills and a positive self-image. Adapted leisure equipment is available for most sport and leisure activities. Children and adolescents should do 60 minutes or more of physical activity each day. Adults need at least two hours and 30 minutes of moderate aerobic activity and muscle strengthening activities two or more days a week. Patients should always consult with their doctor before beginning an exercise program and slowly and gradually work up to the recommended time, in consultation with their therapist or trainer.

Sports and Physical Exercises

- Pushing own wheelchair
- Going for a walk
- Arm ergometer
- Wheelchair basketball
- Swimming
- Field events
- Rugby
- Track and road racing
- Tennis
- Stationary bike or hand cycling
- Cross country skiing
- Sledge hockey
- Weight lifting
- Volleyball

Recreation and leisure activities also are important components of a healthy lifestyle. Opportunities to interact with non-disabled peers and friends who have disabilities can assist in building social skills and developing a positive self-image.

Recreation and Leisure activities

- Bowling

- Canoeing
- Archery
- Table tennis
- Fishing
- Snow skiing
- Dancing
- Community education
- Recreation park board activities
- Water skiing
- Softball

Gillette Children's Specialty Healthcare has a Certified Therapeutic Recreation Specialist (CTRS) who can assist you in finding resources, providing fitness testing and developing an individual fitness exercise program. The CTRS also is available to teach basic wheelchair sports skills on an individual basis. Speak to your physician about obtaining a referral.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).