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6 Ways to Make Exercise More Disability-Friendly

Everyone deserves to experience the benefits of exercise, no matter their ability or mobility levels. However, people with disabilities often face extra obstacles when it comes to working out. A lack of accessible facilities presents barriers that can prevent people with disabilities from getting the exercise they need. But it doesn't have to be this way! There are plenty of ways to make exercise more disability-friendly. Here, [Villari's Martial Arts](#) presents these suggestions.

Sports and Workouts

There are tons of adaptive sports and workouts available for people with disabilities. Whether you're interested in playing basketball, swimming, or rock climbing, there's likely an adaptive version of the activity you love. And if you can't find an adaptive version of your favorite sport, there's always the option of creating your own! Luckily, there are plenty of [adaptive sports leagues across the country](#). Check out the ones near you!

Accessories and Equipment

If you have a disability, there's a good chance that you'll need some specialized equipment in order to participate in certain activities. For example, blind runners may [use tethers to stay connected](#) to their sighted guides, while wheelchair users may need specially designed chairs for certain sports. The good news is that there are lots of [companies that make disability-friendly equipment](#).

Read an Inspiring Book

Start your exercise journey and your day off on the right foot by reading [something that will inspire and motivate](#) you. There are plenty of great books for motivation out there, so take your pick! Whether it's a memoir, self-help guide, or novel, find something that resonates with your experiences and aspirations. This daily habit can set a positive tone for the rest of your day, empowering you to face any challenges with confidence.

Eat a Healthy Breakfast

Breakfast is the most important meal of the day for everyone, but it's especially important if you're trying to improve your fitness. Be sure [to eat something nutritious](#) that will give you the energy you need to power through your workout! Consider options like oatmeal, smoothies, or whole-grain toast with avocado for a balanced start. These choices provide essential nutrients that support both physical and mental performance throughout the day.

Document Your Workouts

Video journaling your exercise regimen offers a dynamic way to track progress, allowing you to see improvements in form, strength, and flexibility over time. Using an [online video maker](#) can simplify this process by providing easy-to-use tools for creating and editing your videos. Videos provide a tangible record of your workouts, enabling you to analyze your technique, identify areas for improvement, and ensure that you're maintaining proper form to prevent injuries.

Technology

Technology can be a great way to make exercise more accessible for people with disabilities. For example, there are now app-based workout programs that can be tailored to any ability level, as well as online platforms where people with disabilities can [find workout partners and groups](#). In addition, many disabled athletes use wearable devices to [monitor their progress and](#)

[track](#) their results. So if you're looking for ways to make exercise more disability-friendly, don't forget about technology!

Start Your Exercise Routine

Making exercise more disability-friendly doesn't have to be difficult. It just takes a little bit of creativity and effort! By trying some (or all) of the suggestions listed above, you should be able to find ways to make exercise work for you, no matter what your ability level may be. So get out there and start moving! Your body will thank you for it in the long run.

For martial arts instruction for men, women, and children, visit [Villari's Martial Arts](#) today!