



List of  
Resources

# Stay Active

List of resources & exercises for

## **Mobility Cardiovascular**

Evidence Based & Suitable for older adults

QK

Consulting

Complimentary  
Information



# RECOMMENDED RESOURCES

## Cardio Exercise Options When You Have Limited Mobility

### Chair Zumba

Latin-inspired aerobics done to a high-tempo song, Zumba is a dance incarnation of aerobics that can easily be adapted to those with limited leg or arm mobility. Chair Zumba is specifically geared towards those with limited mobility.

### Boxing

Boxing can be a surprisingly effective cardio workout even in a wheelchair. Wii offers a boxing game that can be done with limited arm mobility. For vigorous boxing, use a chest strap to maintain balance.

### Arm Bike

A stationary bike just for the arms, an arm bike is a great way to get cardio exercise. Many fitness centers and gyms now have an arm bike.

### Adaptive Yoga

Although not intentionally a cardio workout, yoga can provide cardio benefits for people with limited mobility. Adaptive yoga uses yoga straps, blocks, chairs, or blankets to modify poses and movements.

### Water Exercises & Swimming

Numerous pool facilities offer a wide range of water aerobic and exercise classes based on physical mobility.

### Wheelchair pushing

If none of the above options are available, pushing your wheelchair is a good cardio exercise.

Consult your doctor before trying new forms of exercise.

## Medical Check

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Adapted from the Mobility Resource

<https://www.themobilityresource.com/blog/post/get-your-cardio-sitting-down-6-effective-ways/>