PHYSICAL ACTIVITY GUIDELINES
for Adults with Spinal Cord Injury

Physical activity guidelines for adults with spinal cord injury (SCI) have been developed by an international group of SCI scientists, people living with SCI, clinicians, and representatives from SCI organizations. These physical activity guidelines are based on the best scientific evidence available.

The guidelines have two levels: a starting level and an advanced level. Which level you choose depends on your goals, abilities and current fitness level. If you're just starting a physical activity program, consider working up to the starting level and ideally work up to the advanced level. If you're already physically active, you might want to begin with the advanced level.

STARTING LEVEL

AEROBIC ACTIVITY

20 MINUTES **2x** A WEEK

of moderate to vigorous intensity

AND

STRENGTH-TRAINING ACTIVITY

3 SETS **10** REPS **2x** A WEEK

for each major muscle group

ADVANCED LEVEL

AEROBIC ACTIVITY

30 MINUTES **3x** A WEEK

of moderate to vigorous intensity

AND

STRENGTH-TRAINING ACTIVITY

3 SETS **10** REPS **2x** A WEEK

for each major muscle group

START **MEET** **EXCEED**

GLOSSARY

- **The starting level** is the minimum level of activity needed to achieve fitness benefits.
- **The advanced level** will give you additional fitness and health benefits, such as lowering your risk of developing Type 2 diabetes and heart disease.
- **Aerobic activities** are physical activities that are done continuously and that increase your heart rate and breathing rate, such as wheeling, swimming, hand cycling or dancing.
- **Strength-training activities** are activities that increase muscle strength, such as exercises using resistance bands, or lifting weights.
- **Moderate intensity activities** require you to work somewhat hard, but you should feel like you can keep going for a long time. You should be able to talk during these activities, but not sing your favourite song.
- **Vigorous intensity activities** require you to work really hard, and you can only continue them for a short time before getting tired.

For more information please visit www.sciguidelines.com

SCI ACTION CANADA

cdpp Canadian Disability Participation Project
Le projet canadien sur la participation sociale des personnes en situation de handicap

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Social Sciences and Humanities Research Council of Canada | Conseil de recherches en sciences humaines du Canada | Canada

12.18.24