



AEROBICS FOR DISADVANTAGED PEOPLE

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Abstract

Physical activity is essential for good health. Most people feel they should get more exercise, this applies to people with disabilities. Disabled people often do not get enough exercise, especially if they have problems with walking. However it is always possible to find the right type of exercise one can do depending on physical ability. Authors have organized the aerobic training for disadvantaged children and young people. There was a significant progress of individuals practicing in aerobic exercises in all segments. We included quite a large number of children and young people with motoric disabilities. The program was developed to suit individual needs because participants had different levels of psychophysical development and abilities. There was significant improvement in muscle strength, physical conditions, coordination, ability to imitate motion, and special orientation. The program shows that regular aerobic exercise can significantly improve the physical and mental health of for people with disabilities.

Key Words: Aerobics, disadvantaged people, health, improvement.