

PHYSICAL ACTIVITY AND HUNTINGTON'S DISEASE

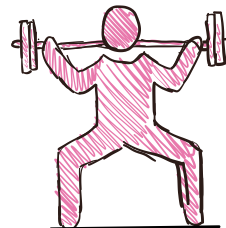
EXAMPLES OF PHYSICAL ACTIVITY AND EXERCISE



FITNESS



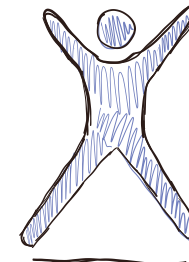
STRENGTH



FLEXIBILITY



BALANCE



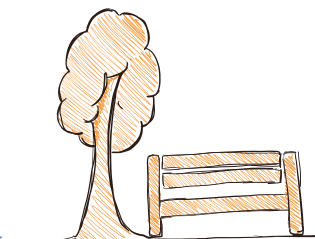
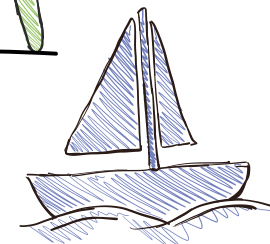
PHYSICAL ACTIVITY BENEFITS:

- General health benefits
- Improved sleep
- Managing anxiety and depression
- Improved quality of life

MOVING MORE AT HOME



MOVING MORE OUTSIDE



SPECIFIC BENEFITS FOR HD:

- Improved balance confidence
- Improved mobility
- Improved independence
- Improved posture and breathing

MY PHYSICAL ACTIVITY PLAN

Name:

Date:

WHAT'S IMPORTANT TO ME ...AND I LIKE DOING?

WHICH PHYSICAL ACTIVITY/ EXERCISE DO I DO NOW?

WHAT WOULD I LIKE TO BE ABLE TO DO?

WRITE YOUR THOUGHTS AND IDEAS HERE...

What will I do?



Who can I ask for advice?

e.g. HD advisor, HD clinic, local leisure centre

How often will I do it and where?



What support do I need?

e.g. family, friends, carer

How will I track my progress?



What is stopping me doing activity?

e.g. planning, movement problems

