PHYSICAL ACTIVITY AND HUNTINGTON’S DISEASE

EXAMPLES OF PHYSICAL ACTIVITY AND EXERCISE

PHYSICAL ACTIVITY BENEFITS:
• General health benefits
• Improved sleep
• Managing anxiety and depression
• Improved quality of life

SPECIFIC BENEFITS FOR HD:
• Improved balance confidence
• Improved mobility
• Improved independence
• Improved posture and breathing

MOVING MORE AT HOME

MOVING MORE OUTSIDE
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