Abstract

Physical activity is a personal and societal investment in health. In Latin America, rates of non-communicable diseases are growing and there is burgeoning interest in physical activity as a preventative health measure. This paper describes physical activity among adults with intellectual disability from a public health perspective; and provides recommendations related to the need for, and measurement of, physical activity among persons with intellectual disability in Latin America.

Keywords

intellectual disability; physical activity; health benefits; non-communicable diseases; Latin America