**Abstract for GSA Annual meeting**

**Session code; physical activity and exercise**

**Physical activity in people aging with a disability: a descriptive study of persons with late effects of polio**

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Physical activity (PA) is beneficial for our health but persons aging with disabilities are not as active as non-disabled persons. Post-polio syndrome (PPS) is a disabling condition that appears in those with an acute poliomyelitis infection after decades of stability. Persons with PPS are advised to be physically active according to their own individual needs and preferences, but there is very limited information about their engagement in PA. The purpose of this study was to examine the PA levels in persons with PPS, and to assess the relationship between PA and various socio-demographic factors compared to older adults without neurological disability. Participants/Methods: PA was assessed in 81 persons with PPS and 53 older adults without neurological disability, with the Physical Activity and Disability Survey and pedometers. Life satisfaction was assessed with the Life Satisfaction Questionnaire. Results: Both groups were physically active on average almost three hours per day but it varied considerably between individuals. Persons with PPS walked significantly fewer steps than the non-disabled persons. In persons with PPS there was a significant relationship between their activity level and life satisfaction. Conclusion: People with PPS are physically active, mostly in household activities. The relationship between PA and life satisfaction further supports the general contention that an active life style is an important factor for perceived well-being. Further studies are needed in order to recommend appropriate health promotion strategies considering the disability.

After attending this session you will have increased knowledge regarding the physical activity patterns in persons with PPS.