Audio description (AD): 63 year old Ken sits at home facing the camera.

I've been active for as long as I can remember.

Swimming, cycling, hill walking, always on the go.

And when I started losing my sight at 26, I was determined it wouldn't stop me.

But when you start swimming and swimming into other people or you cycle into verges, you realise that things have to change.

AD: Ken walks to his local leisure centre.

And for me, that was the key to living with my sight loss: changing.

I had to adapt, find different ways to do things.

Ken puts on his swimming cap.

So these days I choose the quieter times to visit my local pool.

AD: He gets into the pool and starts swimming lengths.

Where people are always willing to help if I need it.

And there are counting techniques I can use.

‘17’ ‘18’

So I know exactly how many strokes there are to a length.

It doesn't always work though, and the end of the pool is pretty unforgiving, as I've discovered, through various bumps and scraps.

And I'm still cycling thanks to my trusty tandem and my cycling buddies.

AD: Outside his house, Ken and his cycling pilot get on their tandem bike. They cycle down a country lane.

still enjoying the open road and the wind in my hair.

Just with somebody else taking care of the sharp end.

It can be scary, especially the first time.

You have to completely trust your pilot, especially when you can't see those low branches and potholes coming.

But the pleasure far outweighs the fear.

And if you fall off, you just get back on.

AD: Back outside the house, the two enjoy a cup of tea.

It's easy to think you're the only one facing the challenges of sight loss.

But there's lots of us out there, and there are plenty of people willing to help, who’ll go running or swimming or to the gym, whatever you fancy doing.

So don't wait for opportunities to come to you.

Find an activity that works for you and get stuck in.

You won't regret it.

Just being there and enjoying it, is the important thing.

Don't wait to start your own journey.

Take the See Sport Differently quiz, to find an activity that's right for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery.