

# Useful information about my epilepsy and physical activity

## Physical activity is good for me

- It helps my mood
- It's good for my bones
- It helps my performance at school
- It increases my fitness
- It helps my heart

## Physical activity is safe for me

### Physical activity isn't more likely to cause seizures:

- If my seizure triggers include dehydration, lethargy and temperature extremes, it is important to take this into account when I am being physically active

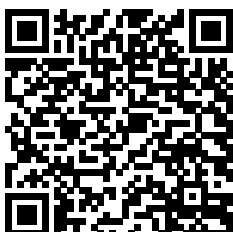
## There are things that you can do to help

### When being physically active, it would help me if you could:

- Ensure I am with someone who knows about my epilepsy and how to manage a seizure
  - Always ensure I have a back-up plan in case of a seizure
- Discuss my seizure triggers and avoid situations that may lead to a seizure
  - I may need a risk assessment with school/my activity groups to allow me to make the most out of my day

### Ensure that I am always supervised if swimming.

Talk to my parent or guardian if you have any questions or concerns.



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