

Useful information about Epilepsy and physical activity



Remember

Being active and doing contact sports does not increase your risk of seizures.

How will it help me?

It will help you become fit

You'll get to spend time with friends

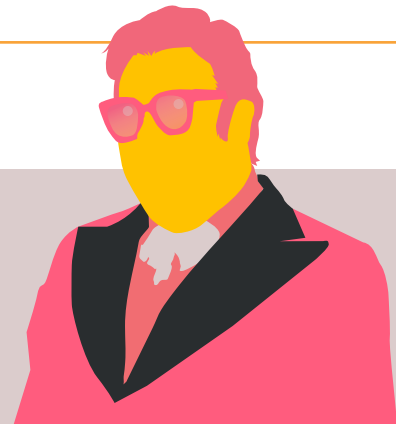
It will make school work easier

It will make you happier

Don't forget

You can be just as fit as anyone else

Did you know Rocketman and famous singer Elton John has epilepsy, at the age of 73 he's still rocking!



Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



Do exercise

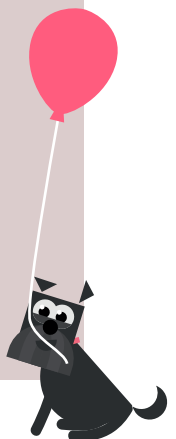
Get fitter

Do exercise

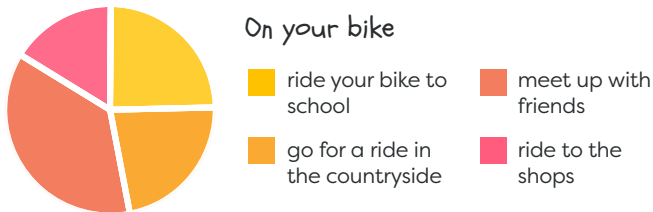
Less frequent seizures

You can be more in control of your epilepsy

Physical activity may help reduce the frequency of your seizures



Starting points



Safety first!

- Be aware of your triggers and do your best to avoid them e.g. dehydration, tiredness.
- Not everyone needs to know you have epilepsy but ensure someone you are with knows what to do if you do have a seizure.
- If you want to swim - you will need someone competent in swimming to supervise you.

Things you need to talk to your doctor about

- Water sports including swimming
- Combat sports including boxing
- Any activity you are not sure about

Things that might make it harder

Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



Situations that 'trigger your seizures'

It is important to be aware of what causes your seizures and plan activity accordingly.



Doing too much too quickly

So start slowly and build up to more.



Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Take the long route to somewhere
- Get out of breath at least once
- Sit upstairs on the bus
- Dance to your favourite track



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