Living life to the fullest with physical activity

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Benefits of Physical Activity

• Prevent and manage health conditions
• Improves your mood
• Increased energy
• Weight control
• Assists with Sleep
• Fun and can connect you to others
Leisure interests change as we grow and develop.

Physical activity is life long, not just for kids.
Balance

• The balance between safety and living a full rich life
• Use Common sense: never swim alone, etc
• Identify what is fear or anxiety vs just being lazy or unmotivated.
• Restriction and isolation foster low self-esteem
• According to research and statistics, many individuals with epilepsy are overprotected and lead isolated and sedentary lives.
• Certain sporting activities are contraindicated: rock climbing, boxing, biking in traffic, etc
According to the literature, exercise, especially aerobic exercise, benefits people with epilepsy due to the fact that it often reduces seizure frequency, relieves depression, reduces social isolation and promotes cardiac and general health.

NCHPAD
What counts as exercise?

• Aerobic exercise should focus on using large muscle groups with goals to increase VO2max, work rate and endurance.
• 3-5 days a week lasting 20-40 minutes in length.
• Strengthening exercises are also encouraged to improve general fitness and prevent muscle atrophy.
Competitive Sports

• Football, soccer, basketball, ice hockey, etc.
• Bicycling: Wear helmet, do not bike in traffic
• Swimming and Water Sports: More concerns in lakes, in these situations wear a life jacket. Never swim alone. Assess the lifeguard situation at every pool.
• Everyone is an individual, listen to your medical doctor.
What is your style?

- Hyper Vigilant: Always have your child in your eye sight. End up supervising the neighborhood kids and their pets.
- Attentive but not hovering: As long as someone is watching, all is good.
- The kids know the rules and check in with me at the set times.

- I can get distracted, lose track of time
- I am exhausted
- I am comfortable with my style and knowingly accept all the potential risks.
Too many children miss their childhood because of a physical disability. They miss the chance to get dirty, go to fast, to get a bloody nose; to dream and have heroes; to be trim and strong and agile; to have the respect of peers and feel good about themselves. These are the rights of childhood--rights many are denied because they limp, use a wheelchair or crutches or have sensory impairments.

Many kids with disabilities are denied the common experiences of childhood because of an attitude that protects them from bumps and bruises.
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