

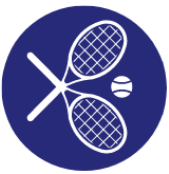
1 IN 26 PEOPLE WILL DEVELOP EPILEPSY WITHIN THEIR LIFETIME



Epilepsy can affect people of all ages, but it is most common in children and the elderly



Epilepsy can originate from previous brain injury, stroke, head injury, genetics, most common no known cause



There are more than 30 different types of seizure

65 MILLION WORLDWIDE ARE AFFECTED BY EPILEPSY



WHO WE ARE

OUR MISSION

The initiative promotes seizure and epilepsy awareness across various sports, encouraging athletes of all ages and abilities to participate. By fostering a supportive environment for individuals with epilepsy, we aim to boost self-esteem, independence, and overall quality of life. Join us in creating a world where epilepsy is understood, accepted, and celebrated.

BENEFITS OF MOVEMENT & EPILEPSY

Regular physical activity can improve physical health, mental well-being, and overall quality of life for individuals with epilepsy. Individuals with epilepsy who engage in regular physical activity may have a lower risk of seizures compared to those who are less active.

EXERCISE SAFETY PRECAUTIONS

- Consult with your doctor
- Stay hydrated & eat before workout
- Inform coaches/teammates
- Wear protective gear if needed
- Let family or friends know you're walking/jogging and exercise route if by yourself
- Monitor overheating

EXERCISE TRIGGERS

- Extreme fatigue
- Lack of sleep
- Dehydration
- Elevated body temperature
- Low blood sugar levels

EPILEPSY IS THE 4TH MOST COMMON NEUROLOGICAL DISORDER



WHAT IS EPILEPSY?

Epilepsy is a neurological condition involving the brain that makes people more susceptible to having recurrent unprovoked seizures.

WHAT IS A SEIZURE?

A seizure is a sudden, uncontrolled burst of electrical activity in the brain. It can cause changes in behavior, movements, feelings and levels of consciousness.