JOIN THE 2018 26-DAY SUMMER FITNESS CHALLENGE!

Athletes vs Epilepsy has partnered with the Wellness Institute for the Summer Fitness Challenge 26-day Challenge! We have taken all the guess work out of planning what to do and how to do it so that you can make an IMPACT in the health and wellbeing of yourself and those around you living with epilepsy! Plus, it’s Just 26 days! You can commit to that!! Each day you will receive a daily workout video designed by Jenny LaBaw to help you move towards a healthier you!

For more information and to register visit: www.athletesvsepilepsy.com/events/SFC

STAYING HEALTHY WHILE TRAVELING

Summer is coming! For many of people, that means increased travel time ahead. While visiting new places is exciting and adds to your emotional health, it also can have a negative impact on your physical health if you aren't attentive.

Motionless hours in a car or plane seat, can cause your muscles and joints to tighten and even result in pain. In different environments, you may experience change to your normal routine, which can affect the healthy habits you have worked so hard for at home. In public transport, you breathe recirculating air that is full of germs and toxins. When traveling to different times zones, your circadian rhythm is compromised and can affect your sleep.

Whether your adventure is for work or for pleasure, you can take precautionary measures to keep yourself healthy.

Below, we have listed some strategies that can help lessen the negative effects, so you can fully enjoy your trip and return home healthy as a whip.

• **Stay hydrated:** Drinking water helps line your nose and throat with mucus that can help keep the germs out. If you’re on a plane, rather than getting coffee or soda,
May/June 2018

DID YOU KNOW?

Diet sodas are terrible for you. You may think that you’re being healthier by opting for a diet soda rather than a soda made with sugar. However, research (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3465626/) has shown that artificially sweetened beverages fool the body into craving more sugary foods. While sodas aren’t great for you, if you want one, avoid the fake sugar.

Most non-diet sodas contain more than nine teaspoons of sugar in each 12-oz. can.

Here are some healthier alternatives to sodas:

• If you want the caffeine, pick an iced tea or coffee, where you control the amount of the sugar.
• If you want the fizz, drink carbonated water.
• If you want the fizz and the sweetness, mix carbonated water with a fruit juice like cranberry or orange. A ½ juice to ½ water ratio works well.

For information on traveling and epilepsy: https://www.epilepsy.com/learn/managing-your-epilepsy/adapting-plans-travel

Every trip may not allow you to be perfect in all of these strategies, but even incorporating one or two can reduce the negative effects that travel can have on your physical health. Be aware of your choices and attentive to your surroundings so this summer’s travel leaves you feeling recharged in all dimensions.

NATIONAL WALK RECAP

On April 14, walkers and volunteers headed to the National Mall and raised over $1 million. More than 2,400 people participated in the walk. The weather was gorgeous, despite rain on both the days before and after. Wellness Institute Program Manager Jenny LaBaw led the crowd in cool-down exercises after the walk.

The Wellness Institute had its own table in the Epilepsy Foundation tent. Participants could spin the wheel and answer a question or do a task to earn a prize. Many of the questions were not designed with a right answer but, instead, to get

Wellness Institute Program Manager Jenny LaBaw and Epilepsy Foundation Social Media Coordinator Ryan Brown-Kohalmy do squats at the Wellness table.
you thinking about wellness. Check out a sample of the questions below.

**Questions to Get You Thinking**

**Sleep**
1. What is your sleep routine? What do you do to get ready for bed each night?

**Diet and Nutrition**
2. What is your favorite healthy food to eat?

**Physical Activity**
3. How do you motivate yourself to exercise?

**Social Relationships**
4. Who helps you through your epilepsy journey?

**Stress Management**
5. What three positive things happened to you today?

**Education and Employment**
6. What positive steps have you taken to improve your education or work life?

**Independent Living**
7. What do you do at home to keep yourself safe in case of having a seizure?

**Emotional Health**
8. What strategies do you use if you’re struggling with mood or depression?

**General Wellness**
9. When was the last time you had a complete physical?

**Quiz Questions**
1. Which of these may cause sleep difficulties?
   a. Stress
   b. Poor Diet
   c. Lack of Exercise
   d. Side effects from Seizure Medications
   e. All of the above

2. Which of the following is not a long-term effect of sleep deprivation?
   a. High blood pressure
   b. Heart attacks
   c. Increased productivity
   d. Obesity
   e. Depression
3. Which statement is false?
   a. Friendships can help you live longer.
   b. True friendships can give us a sense of purpose, making us more motivated to take care of ourselves.
   c. Social support can make health treatments, such as chemotherapy, more effective.
   d. Friendship is overrated.

4. Which of the following are not effective stress management techniques?
   a. Meditation
   b. Stress eating
   c. Yoga
   d. Talking with friends

5. Which of the following have been shown to reduce the number of school days missed by students with epilepsy?
   a. Parents who affirm the necessity of regular school attendance,
   b. Parents who avoid overprotection
   c. Families that have successfully adjusted to their child’s epilepsy
   d. Positive family-school relationships
   e. All of the above

6. Who might benefit from a seizure alert device?
   a. People who live alone
   b. People who have seizures primarily at night
   c. People who lose consciousness
   d. People who want more independence
   e. All of the above

7. What measures and options help people live independently?
   a. Medical alert devices
   b. Service animals
   c. Home health aides
   d. Access to transportation
   e. All of the above

8. If you’re consistently feeling down or depressed, what should you do?
   a. Assume that it’s just part of life and do nothing
   b. Consult your health care provider

9. True or False: Depression is more common in people with epilepsy?

10. When is it okay to text or use a smartphone when you’re in a car?

11. How often should you wear a seatbelt when you’re in a car?

Answers: 1c, 2c, 3d, 4b, 5e, 6e, 7e, 8b, 9 True, 10 When you’re a passenger, 11 Always