

# Exercising with Epilepsy

Exercise is important for maintaining your health, but be sure to talk with your doctor before beginning any exercise program. Here are some tips from our Advocates on staying active.

## Use the buddy system

You never know when a seizure may strike, so always have someone with you when you're working out. Use it as an opportunity to bond with friends or family. Also, don't forget to let the fitness instructors know ahead of time that you have epilepsy and what to do in case of a seizure.

## Stay hydrated and nourished

Bring plenty of water, and make sure you don't work out on an empty stomach.

## Be aware of your triggers

Monitor your environment: things such as sound, temperature, and the number of people around you. If you are feeling off, take a break.

## Know your limits

Remember, after a seizure it may take time for you to regain your full energy, power, and strength. Be patient with yourself if you're feeling weak, and don't push yourself too hard.

**Don't forget to listen to your body, and have a good time.**

Tips from Advocates:  
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Maria H., Susan N., Jeff K., Bill B.,  
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