

FOR MORE INFORMATION:

- ▶ Fitness and Exercise: epilepsy.com/wellness-fitness-exercise
- ▶ CDC Physical Activity: cdc.gov/physicalactivity

About the Epilepsy Foundation: The Epilepsy Foundation, and its network of 50 organizations throughout the United States, leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. To learn more, please visit epilepsy.com.

Disclaimer: This publication is designed to provide general information about epilepsy and seizures to the public. It is not intended as medical advice. People with epilepsy should not make changes to treatment or activities based on this information without first consulting with their health care provider.