

Just Keep Movin'

Soccer, Bungee Jumping, Hiking . For many young people, sports and hobbies play an important role. Sometimes the symptoms of inflammatory bowel disease (IBD) may hinder your ability to participate in activities at the level you used to. During these times it is important to listen to your body, and get some added rest. But it's equally important to stay active in whatever ways you can.

This balance is key when learning to live with IBD. Keeping active does not necessarily mean maintaining the high activity level that you are used to. There are many alternative ways to keep your mind and body working together. You need to find what works for you. This not only helps keep you from getting bummed out but also minimizes stress levels, gives you something positive to focus on, and keeps healthy energy flowing.

Check out our idea list (at the right) for ways to stay physically and mentally active when you have lower energy levels.

For the competitive athletes out there, IBD can have a significant effect on how you participate in your given sport or activity. You do not need to give up sports, but you may need to modify how you participate. Many athletes excel in their sport despite their chronic disease and are great role models.

Here are some tips on how to manage:

- Communicate openly with your coaches! They can't read minds! Tell them if your energy is low, or let them know about any other limitations you might temporarily have.
- Design a workout plan that suits your energy levels. Maybe focus on the technical side of things for a little while.
- If you're not feeling well, take the day off.
- Be honest with yourself! If you're not able to follow the training schedule, reduce your hours or commitment
 - e.g., Take a few less dance classes, don't participate in every hockey game, or commit to every second track meet.
- If your health is very poor, consider a temporary break. Taking some time off to get back on your feet doesn't have to be a bad thing. It may be better for your health in the long-run.
 - Be sure to stay active during any off-periods.
- Don't push yourself! This will only make your health worse.

Professional Athletes with IBD
Fernando Pisani, Hockey Player
Sarah Lang, Olympic Athlete
Shayne Corson, Hockey Player
Theoren Fleury, Hockey Player
David Garrard, Quarterback
Peter Neilsen, Former Mr. USA
Al Geiberger, Pro Golfer
Kevin Dineen, Hockey Player
Obby Khan, CFL Football Player

WAYS TO KEEP ACTIVE WHEN YOUR ENERGY IS LOW. . .

Go for a walk

Throw a ball to your dog or spend some time with your pets - their energy is contagious

Do some yoga/stretching

Keep your mind active - read, write or draw.

Start a hobby - scrapbooking, cooking, making jewellery

Volunteer for something you are passionate about

Call some friends to come over and watch a movie.

Go for a leisurely swim

Spend time talking with your friends and family

Stay involved with a sport or activity you are passionate about by coaching or volunteering with younger kids



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