

# Sports for heart children

Lynne Kendall, Clinical Specialist Physiotherapist, Congenital Cardiology, from Leeds General Infirmary, who is one of this country's foremost experts in Sports for Heart Children, gave a fascinating and highly informative presentation on the subject at our recent Conference. Download the Powerpoint presentation summary from Lynne's talk below.

## Physical activity and sport for children with Congenital Heart Disease

It is vital for your child's health and fitness that they do participate in some physical activity and/or sport, but tailored to their individual needs and abilities. We have compiled a list of questions to help you ensure that you get the correct up-to-date advice for your child. You can download this document, print it off and take with you to every Outpatient appointment with your child's Cardiologist. You will then have this simple reminder with you - you can tick off each question and make notes as you go along.

Make a note of the date and keep in a safe place for future reference. It may also be useful to pass on to your child's school.