

# *Cerebral Palsy & The Benefits of Exercise On Health and Well-Being*

Cerebral Palsy Scotland  
Conference 2019

Hosted by:



Supported by:



*David Reilly*

Writer and Film Maker

Content Creator  
(journalism, writing, film, book)

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# *Story: Arthur Orr*



# *Context*

- . **Attitude of the Past**

- . **Why Athletes Do**

- . **Disabled People Too**



# *Expectation*



# *My Early Years*

- . No Expectation**
  - . Regular Physiotherapy**
  - . Parental Support**
  - . Try Everything**
  - . Mainstream Scouts**
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# *The Scouts*



# *Story time. Rock Climbing*





# *University Days.*



# *Sedentary Life.*

- . **Post University**

- . **Less Opportunity**

- . **The Start of Problems**

Back Pain

Joint Pain

Trying to see physio

Constant tiredness

- . **Accepting things as they were**



# ***2014 The turn around***

- . Not Been Active for**
  - . Mental Health**
  - . Boring Myself**
  - . Had to Get Happy**
  - . Started David Ventures**
  - . Reconnecting With Myself**
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# *Outdoor Sport*

. **Hillwalking**

. **Cycling**

. **Skiing**



# *Story: Find What Works for You*

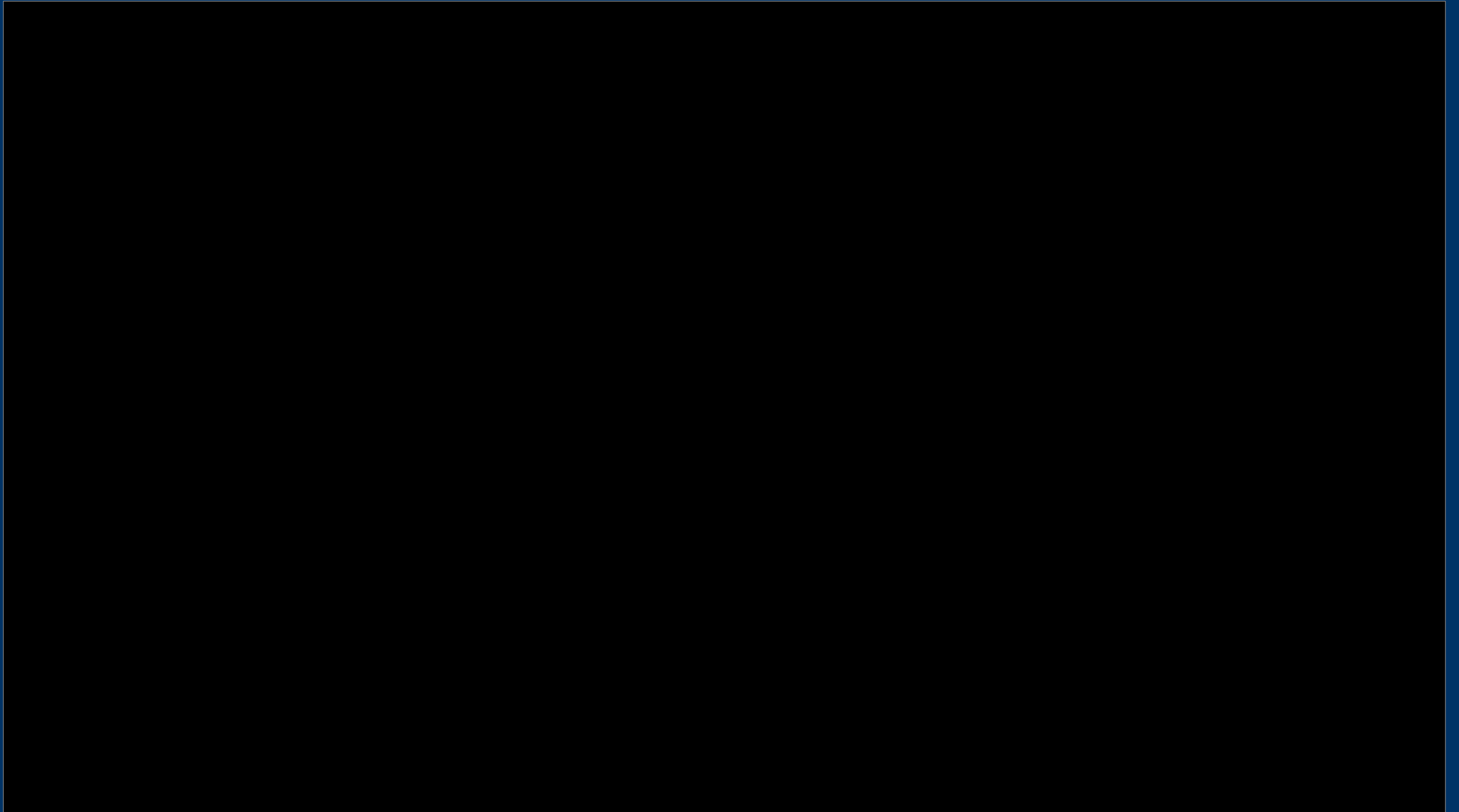


# *Cycling*

- . Most Suitable for me.**
- . Non Impact**
- . Can Do It Any Level**



# *The Caledonia Way*



# *Maintenance*

- Gym
- Diet
- Care





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