

family support project

sporting/health and wellness activity

- Objectives**
- Improve patients' quality of life
 - Encourage regular physical activity
 - Facilitate moments of well-being

Budget From €100 to €1 200
(Maximum annual cost covered by ELA: €400 per patient)

Duration All year

- Description** Types of activities covered (average annual cost) :
- Swimming pool membership (from €100 to €270)
 - Fencing (€150)
 - Hiking (€150)
 - Massages/Nursing touch (from €150 to €425)
 - Gym membership (from €160 to €550)
 - Diving (€176)
 - Etiopathy (€180)
 - Archery (€195)
 - Gentle gymnastics (€215)
 - Boccia (€240)
 - Osteopathy (€240)
 - Reflexology (€260 to €420)
 - Rowing (€300)
 - Aquagym/Aquabike (€360 to €600)
 - Pilates (€400)
 - Balneotherapy (€400)
 - Naturopathy (€450)
 - Personalized coaching (€550 to €1,200)

Impacts Due to their severity and progressive nature, leukodystrophies have a significant impact on patients' quality of life, causing low self-esteem, loss of morale, depression, withdrawal, reduced or lost social ties, sedentary lifestyles, and deterioration in general health. Regular physical activity is known to improve physical condition, social life, self-image, and overall health. Complementary medicine, used alongside conventional medicine, can treat headaches, stress, anxiety, phobias, stomach aches, allergies, skin problems, back pain, addiction, insomnia, and more.

