

2012 Paralympic Games

The London 2012 Paralympic Games was the largest in its history with over 4200 athletes competing. The magnitude of participation, attendance and media coverage this year has made it the most successful Paralympic Games to date. It has greatly contributed to raising awareness that people living with SCI can competitively participate in sporting events and reap the health benefits of such activities. It is important for every individual to become as active as possible and to participate in athletic activities to the extent at which they feel comfortable. Engaging in some form of physical activity not only keeps your body healthy but it also positively influences your frame of mind, raises your energy level and enhances the quality of your sleep.

Links relevant to the London 2012 Paralympic Games:

Research data reports the Games had a significant impact on British society:

<http://www.paralympic.org/paralympic-games/london-2012>

Educational and inspirational materials for young people:

<http://www.london2012.com/paralympics/join-in/education/index.html>

IPC Sports Science Committee Proposed Research at the 2012 Paralympic Games:

http://www.paralympic.org/sites/default/files/document/120806125246990_2012_08_03_Web+site_FINAL+SPORTS+SCIENCE+RESEARCH.pdf