



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALL BETTER TOGETHER

## SUCCESS STORIES

### Eric Iverson–June 2011



**“Never put off until tomorrow what you can do the day after tomorrow.”**

Kind-hearted Eric Iverson lives an incredible life despite his 21 year battle with Epilepsy, a brain disorder involving spontaneous recurring seizures. Due to great results from a special diet, his seizures have been immensely reduced. Eric agrees, “It is important to follow my medically recommended diet. I can eat all the fat and protein I want because it feeds my brain and my body uses the fat for energy.” His short term goal is to be 6 months seizure free, “I want to be more independent and eventually go 1 year seizure free then get a driver’s license.”

Eric has been a committed Y member for over 7 years. He regularly participates in special populations activities that build skills and self confidence like bowling, swimming and golf, “I enjoy the friendships I’ve made and the social interaction I get at the y. Regular exercise is fun for me.”

After conquering his fear of swimming, Eric became an accomplished swimmer and has participated in the Special Olympics for the past five years, “I’ve been playing in water before I was 1 year old and swimming for the YMCA since I was 6.” His competitive spirit and keen focus has lead to numerous medals, “I usually average about 4 medals a year. I have received lots of Gold Medals for swimming relays and got a Silver Medal for Golf.” Eric qualified to go to the Wisconsin State Special Olympics this June and will be competing as a swimmer. We all look forward to celebrating his achievements as he goes for the Gold.

Along with staying active and controlling his seizures he also volunteers his time to the Y and helps out in the Fitness center with towels, cleaning, and vacuuming. Eric explains, “The Good Samaritan from the Bible is my inspiration. I have a huge heart and like the feeling I get. I have always loved helping others since I could remember.”