

# EXERCISE G

## Choosing an exercise program for you

Make a list the physical activities you enjoy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Do not omit anything just because MS has made it difficult to do. Remembering what you liked about them may help you begin to find ways of adapting them to any physical changes you have experienced. Research ways online to pursue some of these physical activities. This will help you find ways to incorporate enjoyable exercise into your life of wellness.

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List three different options for exercise programs you might follow:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Now, choose the one that appeals to you most, and get started!*

### **Maintaining a healthy diet**

Although various diets have been touted over the years as cures or treatments for MS, none has been shown in a controlled study to have any significant impact on symptoms or disease course. The only diet that is recommended by MS specialists for people with MS is the same high-fiber, low fat diet that is recommended for everyone else. *(Refer to the National MS Society publication “Food for Thought: MS and Nutrition” for more detailed information).*

As is true for the rest of the population, the most common causes of death in people with MS are heart disease and cancer. A high-fiber, low fat diet has been shown to promote cardiac health and reduce the risk of certain types of cancer for all adults. This type of diet also helps to promote weight control which, in turn, enhances mobility and reduces fatigue. People with MS are at increased risk for osteoporosis (thinning of the bones) because of reduced mobility and increased use of steroids. Therefore, it is also important for your dietary regimen to contain sufficient amounts of calcium, as well as the magnesium and vitamin D your body needs to utilize calcium effectively.