

Module 4:

Barriers and Facilitators to Exercise and Lifestyle Physical Activity

Speakers:

Emily Reilly, CPT

Hope Nearhood, MPH, PMP



NATIONAL MS SOCIETY SUPPORT GROUP



National
Multiple Sclerosis
Society

Objectives

Define	Define barriers and facilitators
Understand	Understand how barriers and facilitators impact exercise and lifestyle physical activity
Utilize	Utilize inclusive language
Review	Review SMART Goals
Consider	Consider best practices for virtual training
Summarize	Summarize the content we have reviewed



National
Multiple Sclerosis
Society



Barriers and Facilitators



Barriers may reduce a client's ability to participate in exercise



Facilitators may increase a client's ability to participate in exercise

Common Barriers and Facilitators

	Barriers	Facilitators
Physical Environment	Parking/access, transportation	Accessible, appropriate temperature
Social Environment	Limited support from family, social stress	Healthcare provider support, support from friends
Health Conditions	Fatigue, symptom fluctuations	Sense of accomplishment, commitment
Cognitive/Behavioral	Low confidence, depression, impaired memory	Commitment, self-monitoring (journaling)
Cost	Gym fees, transportation	Programs, grants
Time	Perceived lack of time	Improved time management, prioritization



Leading With Inclusive Language: People First



JENNIFER, DIAGNOSED IN 2000



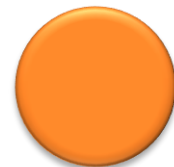
The person comes before the disability



Disability and *handicap* **are not** synonymous



Disability is a normal part of life



People with MS are not a homogeneous group



National
Multiple Sclerosis
Society

Using Inclusive Language

Phrases to Avoid

MS sufferer, afflicted, victim, invalid, crippled, stricken

Wheelchair-bound, confined to a wheelchair

Handicapped/disabled parking

Normal person, healthy person

Use Instead

Person with MS

Uses a wheelchair, mobile with wheelchair

Accessible parking

Person without disability, able-bodied person



Keeping Clients Motivated



AUTUMN, DIAGNOSED IN 2013
MELANIE, DIAGNOSED IN 1997
NICOLE, DIAGNOSED IN 1995

- Make It Fun
- Provide A Challenge
- Make it Complete
- Start Slowly
- Listen to the Body
- Pacing
- Make Fitness a Habit



National
Multiple Sclerosis
Society

Tracking Symptoms & Progress

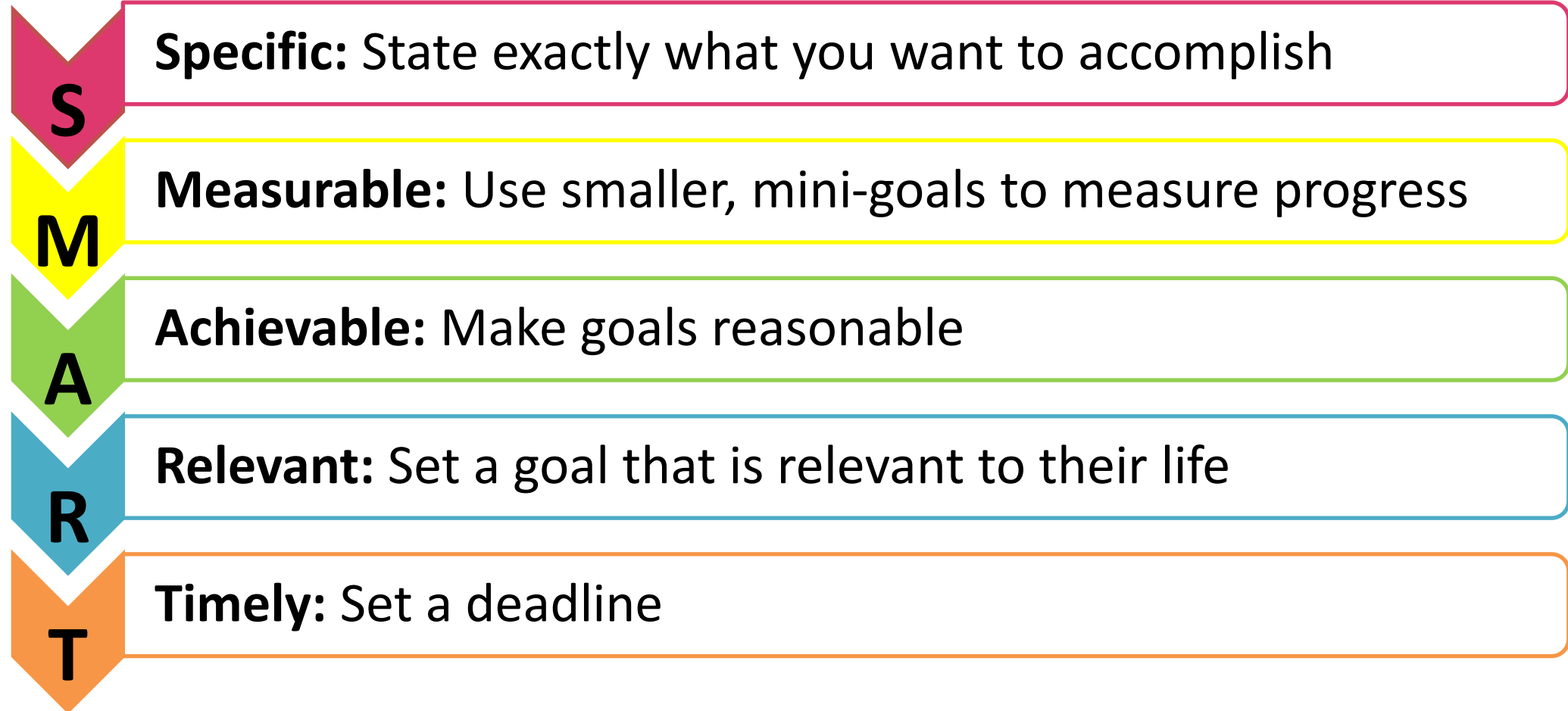


Encourage journaling

Using health/ fitness apps

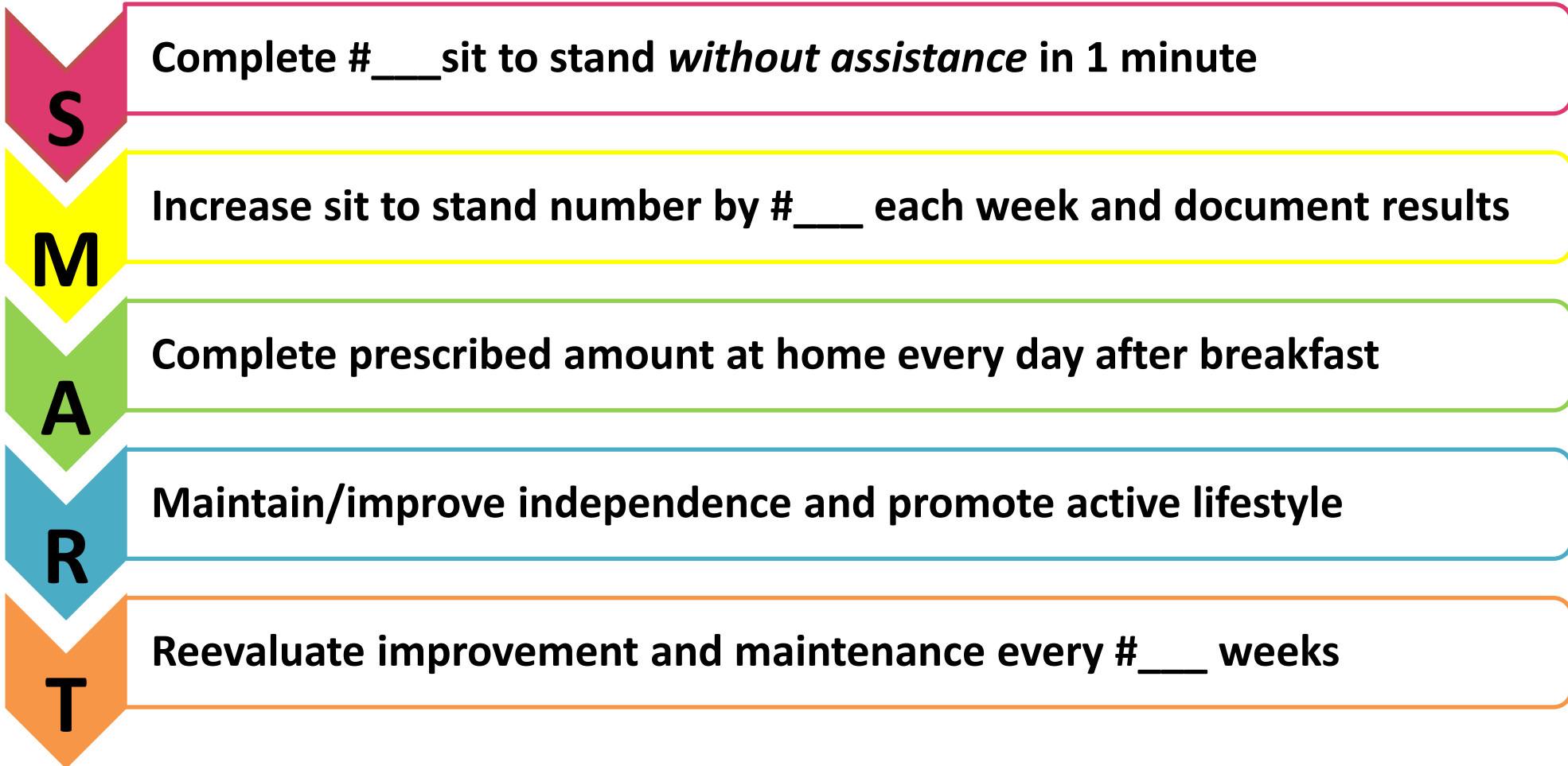
Wearable devices

SMART Goals: Defined



<https://blog.myfitnesspal.com/want-to-crush-your-goals-get-smart/>

SMART Goals: Example



Virtual Training- Best Practices

Verify location of client before every session

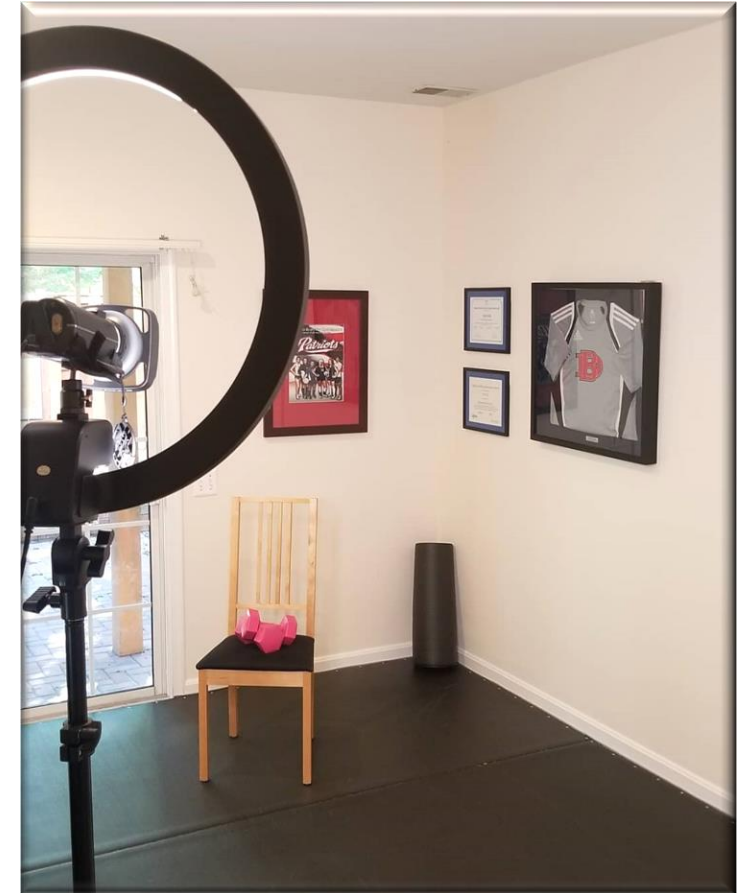
Ensure workout space is free of tripping hazards

Have another person available/ in the room

Position camera for trainer/self to see full body

Encourage the use a TV or a big screen to watch instructor

Have chair, counter or balance bars accessible



National
Multiple Sclerosis
Society

Course Objectives

Understand	Understand MS, what causes MS and the various MS symptoms, and how this influences physical activity
Characterize	Characterize wellness and fitness in MS for all ability levels
Discover	Discover how fitness and wellness professionals are an integrative part of the MS comprehensive care team
Learn	Learn about safe, effective and enjoyable lifestyle physical activity and exercise for people living with MS
Define	Define special considerations involved in working with people with MS
Describe	Describe barriers and facilitators to physical activity in MS



Time to test your knowledge



National
Multiple Sclerosis
Society