Course: Introduction to MS for Fitness and Wellness Professionals

Speakers: Hope Nearhood, MPH, PMP
          Emily Reilly, CPT
### Course Objectives

<table>
<thead>
<tr>
<th>Understand</th>
<th>Understand what MS is, the causes of MS and MS symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Characterize</td>
<td>Characterize wellness and fitness in MS for all ability levels</td>
</tr>
<tr>
<td>Discover</td>
<td>Discover how fitness and wellness professionals are an integrative part of the MS comprehensive care team</td>
</tr>
<tr>
<td>Learn</td>
<td>Learn about safe, effective and enjoyable lifestyle physical activity and exercise for people living with MS</td>
</tr>
<tr>
<td>Define</td>
<td>Define special considerations involved in working with people with MS</td>
</tr>
<tr>
<td>Describe</td>
<td>Describe barriers and facilitators to physical activity in MS</td>
</tr>
</tbody>
</table>
Course Structure

Module 1
MS Overview

Module 2
Levels of Ability and Wellness in MS

Module 3
Exercise and Lifestyle Physical Activity in MS

Module 4
Barriers and Facilitators to Exercise and

MICHELLE, DIAGNOSED IN 2001

NATIONAL MS SOCIETY SUPPORT GROUP
Exercise as Medicine?

Dalgas U, et.al., 2019
Wellness Research In Multiple Sclerosis Is Growing

Wellness papers published in PubMed between 1999-2019
Future Perspectives

Exercise and lifestyle physical activity recommendations for people with multiple sclerosis throughout the disease course

Exercise and Lifestyle Physical Activity Recommendations

- Exercise is safe for everyone with MS
- MS changes, sometimes quickly, so communicate with your participant
- Develop goals based on abilities, preferences and safety
- Reevaluate goals
Exercise is...

A form of leisure-time physical activity that is usually performed on a repeated basis over an extended period of time with a specific external objective such as the improvement of fitness, physical performance, or health.

Bouchard C, Shephard R.
Lifestyle Physical Activity is...

The daily accumulation of at least 30 minutes of self-selected activities, which includes all leisure, occupational, or household activities that are at least moderate to vigorous in their intensity.
Rehabilitation is...

Intermittent or ongoing use of interdisciplinary strategies to regain or maintain optimal physical function, promote functional independence, prevent complications, and improve overall quality of life.
Up Next...

Module 1
MS Overview