



Exercise As Part Of Everyday Life

(NAPS)—Regular moderate exercise is something that works out for everyone. Exercise is not only good for body, mind and spirit, it reduces the possibility of coronary disease, lowers blood pressure, raises the good HDL cholesterol, helps to control weight, and cuts the risk of diabetes. Many people regularly turn to exercise to reduce stress.

But what does this mean for people who live with Multiple Sclerosis (MS)? It turns out they have extra incentives to do everything possible to stay fit. A recent study of people with mild to moderate disability from MS demonstrated that regular aerobic exercise—exercise vigorous enough to raise the pulse and respiration rate—increased fitness, arm and leg strength, and improved the participants' bowel and bladder control.

Choose Fitness That Fits

Here are some suggestions for choosing a fitness program from experts at the National Multiple Sclerosis Society.

- Choose fitness that fits. Exercise need not be a prescription to be swallowed like distasteful medicine. Moderate exercise for 20 minutes or so every day yields the same benefits as rigorous sweat-and-grunt workouts.

- Remember that you're more likely to stick with activities that feel good.

- Start with a neurologist's OK and a thorough understanding of any special cautions. Every individual with MS is different. Then consider your individual temperament.



**LESS PAIN, MORE GAIN—
exercisers are more likely to stick
with activities that feel good.**

- Some people prefer exercise that is free from the stress of competing with opponents or keeping up with others. They might choose an activity such as swimming or walking that doesn't require a team or partner.

Remember, exercising alone at home may not supply the motivation that a class or a group gives, but this may be an ideal choice for some.

Multiple sclerosis is a chronic, unpredictable disease of the central nervous system, usually diagnosed during the early adult years.

A free copy of *Exercise as Part of Everyday Life* is available at any chapter of the National Multiple Sclerosis Society. To find out more about the programs of the National MS Society or to find a chapter nearest you call 1-800-FIGHT-MS or log on to www.nationalmssociety.org.