



**MORE ABOUT MS
WORKSHOP HANDOUT**

STAYING ACTIVE TOGETHER

**LEARNING WHAT'S POSSIBLE AND SAFE FOR YOU
CAN HELP YOU KEEP YOUR LIFE FULL AND FUN.**

Ask yourself which of the following describes you best:

- I'll do it the old way or no way....
- I want to continue doing what I love even if I have to do it differently
- My biggest priority is to be with others while enjoying a shared activity
- I've always been competitive but that doesn't work for me any longer

Ask yourself whether and how your abilities have changed due to MS and/or aging.

Let yourself grieve over things that have changed. It's the first step to planning what comes next.

Discuss your MS symptoms with your provider to figure out management strategies that allow you to stay active.

USE THE FIVE P'S

- Plan a rest time before and after engaging in extended physical activity.
- Prioritize if it's important to you, make sure you carve out time for it.
- Pace yourself, stop before you hit the wall.
- Position yourself to be successful. If you need to sit for an activity, then sit. Upper body work offers aerobic, strength, stretching, and posture work.
- The Power of Tools, such as mobility aids and other adaptive



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If being active with others is important for you, look for yoga, tai chi, water aerobics classes, or adaptive sports. Motorized bikes, three-wheel cruisers and tandems offer opportunities for shared cycling. Consider walks or hikes (with or without walking poles).

If MS is interfering with shared activities with your support partner, look for solutions together.

Can you modify the activity or use adaptive tools that would allow you to continue playing together? Golf is a great example of this kind of shared activity.

If adaptations don't work, find something you can enjoy while your partner continues to play golf occasionally. It's important for them and for your partnership that they continue activities they enjoy.

Consider shared activities you might not have done before – like cycling, hiking, kayaking, swimming.

STAYING ACTIVE AND MAINTAINING CONNECTIONS WITH OTHERS IS POSSIBLE

The path to success involves paying attention to your body, being willing to do old things differently or try new things, using tools and devices that help you stay mobile and safe, connecting with others who share your interests, and giving yourself grace to be the best you can be without necessarily being the best there is.

