

Newly Diagnosed **MEETUP**

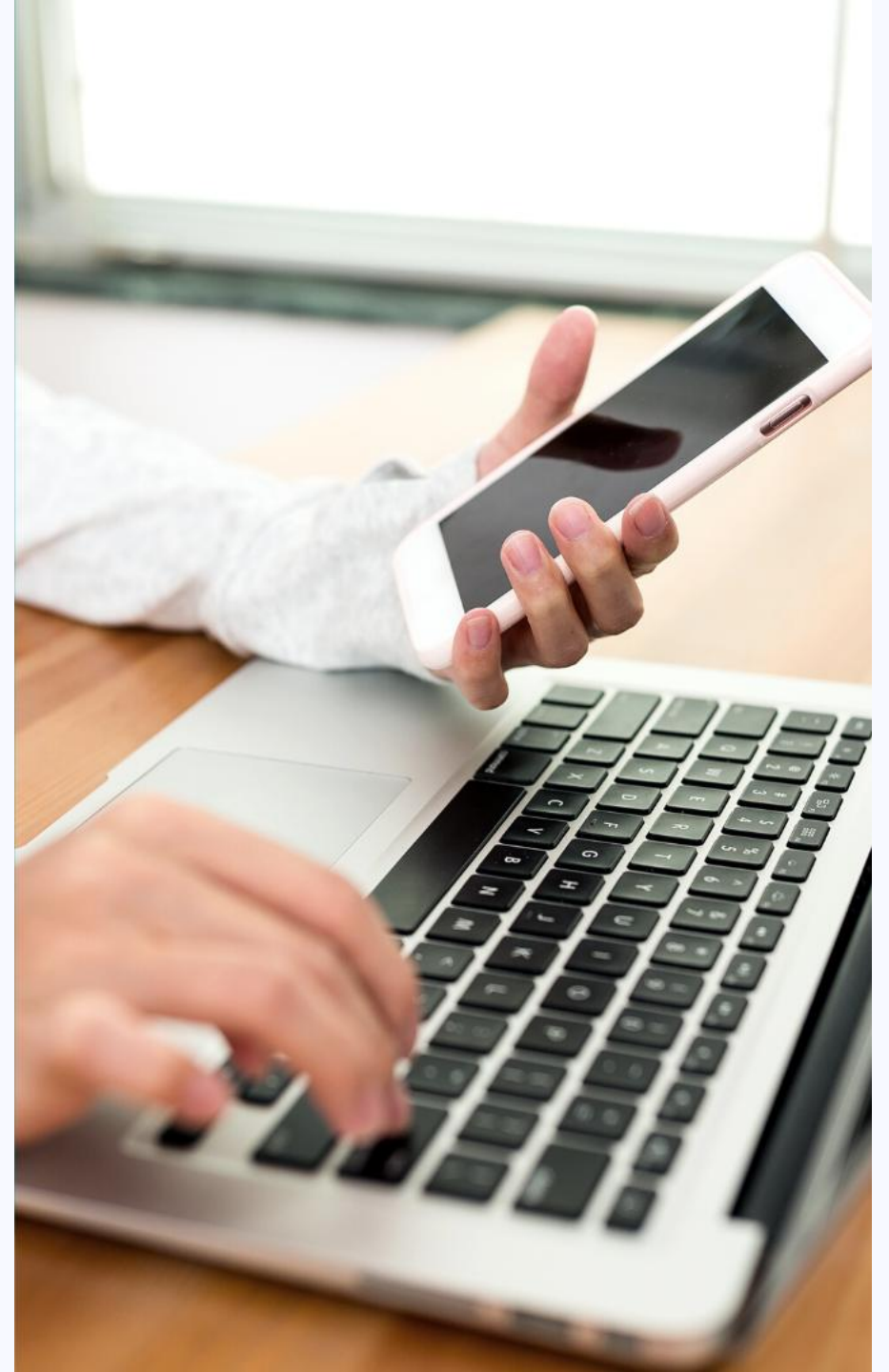
Movement and MS:

What's Changed and How to Adapt

For TECH SUPPORT Call



P: 1-800-367-3101



YOUR COACHES



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Physical Therapist



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Personal Trainer, Living with MS

Our Plan For Today



**Introductions and Topic
Background from Our Coaches**



Group Conversations

Moving Forward After an MS Diagnosis

Being newly diagnosed can feel overwhelming

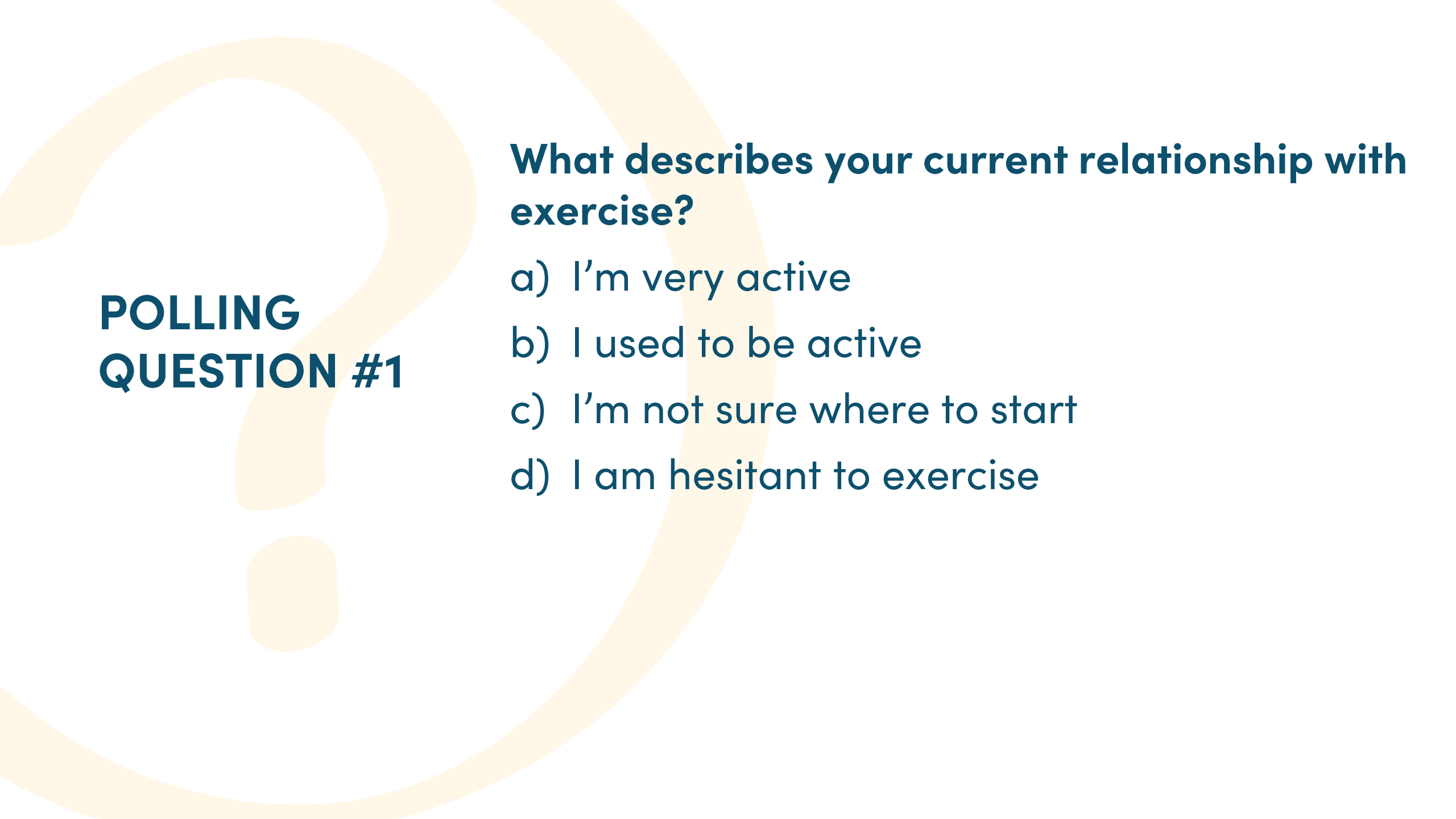
You may be asking:

“What can I still do?”

“Will exercise make things worse?”

Today is about possibility, not limitation





POLLING QUESTION #1

What describes your current relationship with exercise?

- a) I'm very active
- b) I used to be active
- c) I'm not sure where to start
- d) I am hesitant to exercise

The Big Shift in MS Care

Then: “Go home and rest”

Now: Movement is part of the treatment

- Improves strength, energy, mood
- Supports brain health
- Helps manage symptoms





We deliver health and wellness education to help families with MS thrive

Our History

Can Do MS was founded in 1984 by former Olympic bronze medalist, Jimmie Heuga who was diagnosed with MS when he was 26. Advised against exercise, Jimmie found that it improved his function and his outlook! Jimmie's "can do" attitude lives on in our programs that help people see possibilities and take steps to reach their personal goals.



What Counts as Exercise?

Exercise ≠ just the gym
Includes:

- Walking
- Cleaning
- Gardening
- Playing with kids
- Grocery shopping
- Movement counts!



The Age-Old Guidelines

**150 minutes moderate
activity/week**

OR

**75 minutes of vigorous
activity**

PLUS

**Strength training 2x/week
Modify based on your level – not all-or-nothing**

Movement Break #1 – Cardio

Level 1 option:

1. Seated march
2. Add punches or arm swings

Level 2 option:

1. Standing march
2. Add punches or arm swings





Normalize Sensations

1. Let's take a moment to appreciate how we feel
2. Slight shortness of breath is okay
3. Feeling warm is okay
4. You should still be able to talk

MS + Movement



Movement helps:

- Fatigue
- Mood
- Brain function
- Strength and mobility
- Mental and emotional health

Movement Break # 2 – Strength

Level 1 option:

1. Leg extensions
2. Sit to stand with use of arms

Level 2 options:

1. Squats
2. Sit to stand without using arms



Strength Matters

- **Muscle loss happens with aging**
- **You can build muscle at ANY AGE**
- **Strengthening is best achieved with weights**
- **The last 2-3 reps should feel CHALLENGING**
- **Strong muscles boost your endurance and support independence**



Soreness Education



It's normal to feel sore
for 1-2 days



Temporary worsening
does not equal harm



Expect increased fatigue
at the end of an exercise
day



It improves with
consistency

Movement Break # 3 - Neuromotor/Balance

Level 1 option:

1. Reach across body
2. Alternating arm/leg taps

Level 2 options:

1. Weight shifting side-to-side
2. Tandem stance (heel-to-toe)





Why Challenge Balance?

This improves:

- **Fall prevention**
- **Confidence moving**
- **Ability to navigate different surfaces (grass, gravel, carpet)**

The “5-Minute-Rule”

Sitting is the new smoking

- **Get up every 5 minutes out of 60**
- **Movement doesn't need to be long**
- **Small changes = big impact**

Movement Break # 4- Core/Mobility

Level 1 option:

1. Seated trunk rotations
2. Seated “Good mornings”

Level 2 options:

1. Standing trunk rotations
2. Standing “Good mornings”



Breaking Through Barriers

Common concerns:

- Fatigue
- Heat sensitivity
- Fear of worsening symptoms
- Not knowing where to start

Reframing:

- Instead of “I can’t do this”
- Try: “What version of movement CAN I do today?”



Personalization

Your movement plan depends on:

- **Your symptoms**
- **Your goals**
- **Your energy**
- **Your interests**
- **There is no one-size-fits-all to movement**

Group Discussion

Let's share resources!

What types of movements/exercises/classes
have you tried?



Group Discussion

What concerns or limitations do you have when it comes to exercising with MS?





THANK YOU
FOR JOINING US!



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