Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

My Personal Call to Action: How Does Exercise Fit Into My Life?

You are more than your MS. Invest in yourself by caring for yourself. The rewards will be well worth the effort. Check those items you are interested in pursuing.

	USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑	Develop my personal definition of fitness. Discuss with my family and friends.	
❑	Discuss with my healthcare team the challenges I face with incorporating exercise into my routine. What are the barriers — real and perceived? Brainstorm possible solutions.	
❑	What types of exercise and physical activities (like gardening) interest me?	
❑	With my spouse/partner/friend identify one new physical activity we would like to try together.	
❑	Discuss with an OT or PT ways I can modify my exercise program, as needed.	
❑	Explore MS-friendly fitness-related programs and activities in my community.	

** See the Resource Guide for more information.*

USING THIS ACTION PLAN, I WILL...	IDEAS OR QUESTIONS I HAVE...
❑ One fitness goal I would like to achieve over the next 6 months is _____ . What do I need to do to make this happen?	
❑ Visit *nationalMSsociety.org/exercise* or *mscando.org/living-with-multiple-sclerosis/can-do-library* for more information on exercise and MS.	
❑ Watch *Exercise Can Be a Part of Your Life with MS* on the ***Live Fully, Live Well*** DVD.	
❑ Listen to the Webinar program, *How Does Exercise Fit Into Your Life?* with Susan Kushner, MS, PT.*	
❑ Contact an MS Navigator™ at 1-800-344-4867 to learn more about the fitness-related resources available to me.	
❑ Contact Can Do MS at 1-800-367-3101 with my wellness questions.	
❑ Other:	

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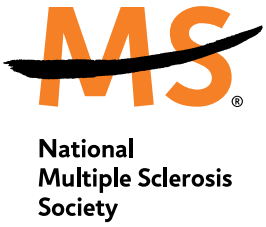

Brought to you in partnership by the National MS Society and Can Do MS.

nationalMSsociety.org | mscando.org