Support Volunteers Drop-In Call
September 10, 2020

Hosted by:

Angela Corbin
Manager
Implementation & Engagement

Q&A: There will be time for questions after presentation
• Option #1: Pop on camera using your webcam; unmute
• Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers
Today’s Time

- **NEWS:** Going digital through December 31\textsuperscript{st}
- We are here to support you! - New support email: peerconnections@nmss.org
- Connection Program Volunteer Website: http://nationalmssociety.org/ConnectionsVolunteers
Living with MS and Staying Active

Emily Reilly
Certified Personal Trainer
Agenda

• Personal Journey with MS
• Incorporating Exercise in other’s lives
• Incorporating Exercise in my life
• Exercise and MS- what research says
• Time to get moving!
• Q & A
Journey of Diagnosis
Incorporating exercise in other’s lives

No matter what your limitation you can keep moving! #thisisms
Incorporating exercise in my life as a person living with MS & How exercise has been beneficial to me
Exercise and MS:

**Lifestyle Physical Activity, Exercise & Rehab**

**Lifestyle Physical Activity**
- Movement throughout the day: exercise, leisure, rehab and daily activities

**Exercise**
- Purposeful/Structured to help you maintain or improve health and mobility
- Changes/evolves with abilities
- Individualized
- Consistent

**Rehabilitation**
- Intermittent or ongoing
- Interdisciplinary strategies
- Definitive beginning and end
- Recovery or maintenance of function; compensating for lost function.
- Maintain or regain optimal physical
Exercise and MS: So what does research say

• Research demonstrated that people with MS who engage in exercise and lifestyle physical activity experience benefits from immune cell through quality-of-life outcomes.

• Exercise and lifestyle physical activity are safe for people with MS.

• Encourage $\geq 150$ min/week of exercise and/or $\geq 150$ min/week of lifestyle physical activity.
## Exercise and MS: Recommendations

<table>
<thead>
<tr>
<th>Condition/abilities</th>
<th>Exercise Recommendation</th>
<th>Example</th>
<th>Physical activity example</th>
</tr>
</thead>
<tbody>
<tr>
<td>People with mild impairment (may include symptoms of fatigue, imbalance, walking, strength, and memory)</td>
<td>Aerobic exercise→ Advanced aerobics→ Resistance exercise→ Flexibility exercise→ Neuromotor exercise→</td>
<td>Stationary bike, walking Running, road cycling Free weights, resistance band Yoga, stretching Tai chi, virtual reality</td>
<td>Active gaming</td>
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<tr>
<td>People with MS whose walking is limited (people who fall, require mobility aids or assistance with transfers)</td>
<td>Breathing→ Flexibility→ Upper extremities→ Lower extremities→ Core→</td>
<td>Spirometer Stretch upper/lower joints Arm cycling, weights Standing, walking w/ walker Abdominal muscle exercises</td>
<td>Active weight shifting Seated dancing, yoga, boxing</td>
</tr>
<tr>
<td>People using wheelchairs</td>
<td>Breathing→ Flexibility→ Upper extremities→ Lower extremities→ Core→</td>
<td>Spirometer Stretch upper/lower joints Arm cycling, weights Standing frame Abdominal muscle exercises</td>
<td>Active participation in activities of daily living as able, Pressure relief (press-ups)</td>
</tr>
<tr>
<td>People confined to bed or chair</td>
<td>Breathing→ Flexibility→ FES→</td>
<td>Spirometer Range of motion for joints Electrical stimulation/muscle</td>
<td>Bed mobility with assistance, Activities of daily living (e.g., dental hygiene) with assistance</td>
</tr>
</tbody>
</table>
How the NMSS is bringing this content to those living with MS

Aerobic Exercise Tips for MS

Stretching Exercise Tips for MS

Breathing Exercise Tips for MS

Gentle Yoga and Mindful Mediation this morning with these incredible #msactivist

@MSSOCIETY  #MSPPC20
Tips on overcoming barriers

Together we are stronger

Give yourself grace!

Celebrate every tiny victory

IS MY GOAL S.M.A.R.T.?

Goal: Specific: What exactly do you want to achieve?
Measurable: How will you know when you've achieved it?
Achievable: Is it something you have control over?
Relevant: Why is this applicable to your life?
Time-Based: When do you want to achieve your goal?

Life is a marathon, not a sprint; pace yourself accordingly.

Amby Burfoot
Virtual Training- Best Practices

**Before starting any new workout program- clear with physician/healthcare provider**

- Ensure workout space is free of tripping hazards
- Have water, towel & fan to keep cool
- Have another person available (especially if there are mobility issues and/or at risk or falling)
- Position camera for trainer/ self to see full body
- Try to use TV or a big screen to watch instructor
- For balance, have chair, counter or something stable to hang on to
Additional Resources

- National MS Society Exercise Demonstrations
- Keep Moving with Emily
  - Seated Classes
  - Modified HIIT classes
  - Exercise Demonstrations
- National MS society exercise resources
  - Exercise page
  - Exercise paper
  - Brochures
  - Exercise
Let’s Get Moving
National Multiple Sclerosis Society

Society Resources
We are Here
Support for Leaders and Groups

• **We are going digital through December 31st**

• **Ongoing Drop In Calls**
  – Thursdays at noon PST/3EST
  – September 17: MS Navigator Services
  – September 24: Nuts and Bolts of a Virtual Group Meeting

• **MS Navigator is available to help!**

• **Find Doctors and Resources Online**
Addressing the Challenges of MS through Resilience

Dawn M. Ehde Ph.D.
Clinical psychologist UW Medicine Division of Clinical and Neuropsychology and UW professor of Psychology and Rehabilitation Medicine. UW’s Nancy & Buster Alvord Endowed Professorship in Multiple Sclerosis Research.
September 22-24, 2020
2:00 p.m.-4:00 p.m. ET / 11:00 a.m.-1:00 p.m. PT

To learn more about this program, explore the agenda and register, please visit nationalmssociety.org/BlackMSExperience.
Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

- For Connection Program Volunteers

IN THIS ARTICLE

- Resources for volunteers
- Recorded All Society Leader Calls
- MS 101 Webinars
- Group meeting discussion guides and toolkits
Emotional Support Resources

• Happy the App
• Find Doctors and Resources Tool
• Facebook Group: National MS Society Community
• MS Navigator is available to help!
• HelpPRO
  – Online search tool
• Behavioral Health Treatment Services Locator
  – Nationwide behavioral health services & resources
• NeedyMeds.org
  – Mental Health clinic locator
Need Support Connecting Your Group?  
Resources are Available!

✓ Skype  
✓ Zoom  
✓ FaceTime  
✓ Google Hangout  
✓ Facebook Messenger  
✓ Free Teleconference Tools  
✓ Support Group finder on Society Website

Connect with your Society Staff Partner to discuss your needs
SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSsociety.org
CONNECTING LEADERS TO LEADERS

• What questions do you have?
• What questions are you getting from others?
• What resources or support would be helpful?
• Share helpful tips for other leaders