Successful completion of this activity requires that participants: register for the activity; review the required CE information included in this handout; attend the program; and complete the evaluation form. To complete the program evaluation www.surveymonkey.com/r/ExerciseMS.

Faculty
Alex NG, PhD, FACSM, is a Professor in the Program in Exercise Science, Department of Physical Therapy at Marquette University, Milwaukee WI, and a Fellow of the American College of Sports Medicine. He received his doctorate at the University of Wisconsin Madison followed by two postdoctoral fellowships: one in autonomic control of the circulation, at the Universities of Arizona and Colorado, and the other in muscle fatigue the University of California San Francisco, after which found his way to Marquette University where he has remained since.

As a researcher, he has a 25 year and counting history of MS research with an emphasis on fatigue, exercise responses, and quality of life. He has a secondary research interest in cancer-survivorship. His laboratory work can be described as integrative and translational, and the non-invasive techniques he uses allow him to probe the pathway of muscle force production from cortical activation to muscle metabolism. Most recently he has begun to move outside his laboratory into the community to investigate and promote the benefits of recreational physical activity, including partnered social dance, for persons with MS.

Alex is a frequent speaker for both Can Do Multiple Sclerosis, and the National MS Society. He currently serves as a member of the National MS Society’s “Wellness Research Working Group” and “Pathways to Cures Think Tank” In his spare time, he enjoys outdoor recreational activities, music, song, dance, and is an adult learner of the violin and mandolin, earplugs not included.

Target Audience
This activity has been designed to meet the educational needs of physicians, advanced practice clinicians, nursing professionals, physical therapists, and occupational therapists who provide care for patients with MS.

Learning Objectives
Upon completion of this activity participants should be better able to:

- Analyze current evidence supporting the role of exercise and physical activity in the management strategy for patients living with MS
- Identify and address the barriers to participation in exercise and physical activity frequently experienced by people living with MS
- Promote the benefits/safety of exercise and lifestyle physical activity for people living with MS

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**Faculty Disclosures**
Alex Ng, PhD, FACSM has disclosed no relevant financial relationships.

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