



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

M.S. (MULTIPLE SCLEROSIS PROGRAM) FOR WELLNESS:

People with Multiple Sclerosis can exercise. With some of the common symptoms of MS, such as fatigue and declining strength and coordination, it may make the prospect of exercise daunting. Studies show that the benefits of exercise far outweigh the challenges if you have MS - as long as you remember that moderation is essential.

The best MS exercises are aerobic exercises, progressive strength training, balance training and stretching.

Exercise can improve your fitness, endurance, and strength in your arms and legs and can give your mood a boost. Anyone with MS can modify an exercise routine to meet his or her needs. Just remember to work within your range of ability and not to overdo it. We offer a variety of classes that may help to create a routine that fits your capabilities and schedule.

Lo Impact Aerobics: Lo Impact aerobics are dynamic exercises that increase the heart rate. This form of exercise is especially good for improving lung capacity, strengthening core muscles, and improving balance and coordination.

Additionally, using equipment like the Recumbent bikes and Nu Step may assist those with limited mobility to perform high repetition exercises to improve lost motor skills.

Water Aerobics: Water aerobics is both aerobic and resistance training exercise. You can raise your heart rate due to constant motion, but the water is a force for you to work against, providing resistance and the buoyancy makes it easier for you to move. Water aerobics is one of the best exercises an individual with MS can do.

Progressive Strength Training: Progressive Strength Training can improve muscle strength, posture, and balance. During a progressive strength training program, people start with light weights and minimal repetitions. They slowly increase the amount of weight or the number of repetitions as they build more muscle over time. This can help prevent overworking of the muscles, which can result in worsening symptoms.

Balance Training: Balance training involves performing exercises that will focus on controlling your posture. Practicing balance exercises is crucial in order to help reduce the possibility of falls.

Tai chi: Tai Chi combines breath and slow movement from posture to posture. Tai chi may help improve your flexibility, balance and mobility and decrease your risk of falling.

Yoga: Yoga combines breath and movement. A gentle type class is wonderful for stretching. Doing some form of yoga daily can help improve balance, range of motion and help with muscle spasms.

Contact Kelly at 973-267-0704 x28 to schedule a free consultation to go over one-on-one Personal Training and/or the fitness schedule to find a class(s) that fit your schedule