

Canadian Physical Activity Guidelines

FOR ADULTS WITH MULTIPLE SCLEROSIS

Guidelines

To achieve important fitness benefits, adults aged 18-64 years with multiple sclerosis who have mild to moderate disability need **at least**:



- 30 minutes of moderate intensity aerobic activity, 2 times per week, **AND**



- Strength training exercises for major muscle groups, 2 times per week.



Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health-related quality of life.

Who are the Guidelines for?

- These guidelines are appropriate for adults (aged 18-64 years) with minimal to moderate disability resulting from either relapsing remitting or progressive forms of multiple sclerosis

Getting Started

- You may wish to speak to a health professional to find out what types and amounts of physical activity are appropriate for you.
- A health professional might include a doctor, a physiotherapist, or a qualified exercise professional.
- If you are physically inactive, activities performed at a lower intensity, frequency, and duration than recommended may bring some benefit.
- Gradually increase duration, frequency, and intensity as a progression towards meeting the guidelines.

Now is the time. Walk, run, or wheel, and embrace life.

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HERE IS WHAT IS RECOMMENDED

	Aerobic Activity	Strength Training Activity
How often?	Two times per week <ul style="list-style-type: none">• Aerobic and strength training activities can be done on the same day• Rest your muscles for at least one day between strength training sessions	Two times per week
How much?	Gradually increase your activity so that you are doing at least 30 minutes of aerobic activity during each workout session.	Repetitions are the number of times you lift and lower a weight. Try to do 10-15 repetitions of each exercise. This counts as 1 set. Gradually work up to doing 2 sets of 10-15 repetitions of each exercise.
How hard?	These activities should be performed at a moderate intensity. Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up. As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.	Pick a resistance (free weights, cable pulleys, bands, etc.) heavy enough that you can barely, but safely, finish 10-15 repetitions of the last set. Be sure to rest for 1-2 minutes between each set and exercise.
How to?	Some options for activity include: Aerobic activities <ul style="list-style-type: none">• Upper Body Exercises: arm cycling• Lower Body Exercises: walking, leg cycling• Combined Upper and Lower body exercises: elliptical trainer Other types of exercise that may bring benefits <ul style="list-style-type: none">• Elastic resistance bands• Aquatic exercise• Calisthenics	Strength training activities for the upper and lower body <ul style="list-style-type: none">• Weight machines• Free weights• Cable pulleys