

Canadian Physical Activity Guidelines

FOR ADULTS WITH MULTIPLE SCLEROSIS

Guidelines

To achieve important fitness benefits, adults aged 18-65 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 to quality of life.

Let's talk intensity!

- Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10 and causes your heart rate to go up
- 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
- Repetitions are the number of times you lift and lower a weight

Important things to know

- Aerobic and strength training activities can be done on the same day
- Rest your muscles for at least one day between strength training sessions

Aerobic Activity

How often?

- Two times per week
- Aerobic and strength training activities can be done on the same day

How much?

- Gradually increase your activity so that you are doing at least 30 minutes of aerobic activity during each workout session.

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.

How to?

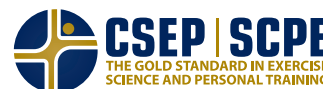
Some options for activity include:

- 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:

- Elastic resistance bands
- Aquatic exercise
- Calisthenics

For more information
please go to ...



www.csep.ca/guidelines

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Strength Training Activity

How often?

- Two times per week
- Rest your muscles for at least one day between strength training sessions

How much?

- 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?

- 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?

- Strength training activities for the upper and lower body
- Weight machines
- Free weights
- Cable pulleys

Other types of exercise that may bring benefits

- Elastic resistance bands