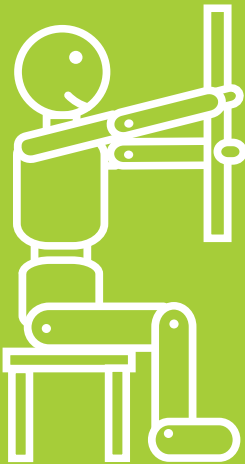


Exercise & MS

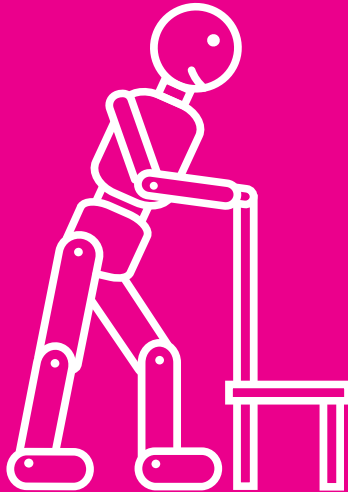
resources for people with MS
and their health professionals

Multiple
Sclerosis
Trust

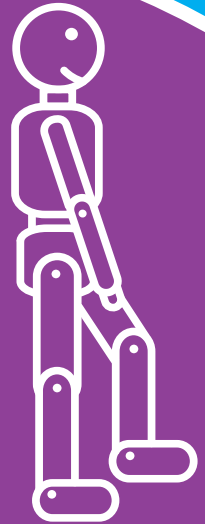
MS



CORE
STABILITY



EXERCISES FOR
PEOPLE
WITH MS



MOVE IT
FOR MS

'Physical fitness can neither be achieved by wishful thinking
nor outright purchase' – *Joseph Pilates*

Let the MS Trust resources help you

General exercises for people with MS

- A full range of exercises developed in conjunction with a specialist neuro-physiotherapist Liz Betts
- Suitable for people of all abilities
- Grouped into exercises for specific issues and the starting position

Available to download from the MS Trust website or watch an animated character demonstrate each exercise.

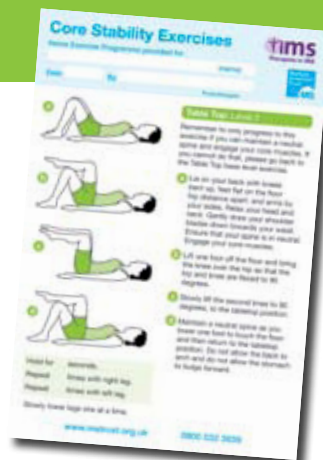
www.mstrust.org.uk/exercise



Core stability exercises a pilates type approach

- A range of exercises based on research undertaken by the Therapists in MS Group
- Develop a programme specifically for your needs
- Discuss the best approach with your physiotherapist

www.mstrust.org.uk/exercise



Move it for MS

the fun way to exercise
with Mr Motivator

**A DVD featuring Mr Motivator
in conjunction with a group of
people with MS.**

- Suitable for people of all abilities
- Exercises to improve balance
- Exercises for a complete workout
- A relaxation session
- No need to leave your living room
- The exercises are set to music

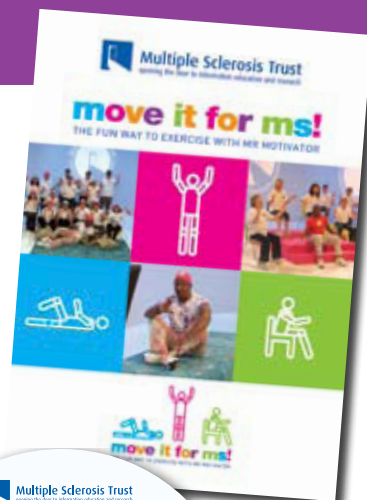
Order direct from the MS Trust:

Phone: 0800 032 3839

Email: info@mstrust.org.uk

www.mstrust.org.uk/exercises

Cost: Free



We hope you find the information in this leaflet helpful. If you would like to speak with someone about any aspect of MS, contact the MS Trust information team and they will help find answers to your questions.

The Multiple Sclerosis Trust is a small UK charity which works to improve the lives of people affected by MS. We rely on donations, fundraising and gifts in wills to be able to fund our services and are extremely grateful for every donation received, no matter what size.

MS Trust information service

helping you find the information
you need

The MS Trust offers a wide range of publications, including a newsletter Open Door, which provides an ongoing update on research and developments in MS management. In addition it contains articles from people with MS and health professionals.

For a full list of MS Trust publications, to sign up for Open Door and much more visit our website at www.mstrust.org.uk

Freephone 0800 032 3839
(Lines are open Monday – Friday 9am-5pm)



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