

# Multiple Sclerosis

**4 Weeks  
to a Healthier You**



# Week 1

## Welcome to Week 1 to NCHPAD's Plan to a Healthier YOU!

We are excited that you have decided to take this journey with us! If you are new to your injury or new to exercise, you have come to the right place to get started on the path to a healthier you. Your health is an important aspect of your life which plays a role in literally everything you do. Maintaining your health may help control your secondary health conditions like Diabetes and heart disease, or it can even control your independence. Did you know that individuals with a disability are 3 times more likely to develop a secondary health condition than those without a disability? And most of the time, these secondary conditions can be avoided with placing a little emphasis on your health.

## Lessons Learned

This four-week program is designed to help you navigate physical activity, nutrition, and your overall well-being by breaking down the barriers and myths you might face along your journey. The goal is to guide you in becoming more active and with a mindset to continue practicing healthy behaviors.

## Roadblocks & Challenges

The health decisions you make could have a big impact on your life. Gaining a few pounds for some might mean buying a larger pair of jeans; for others, it could mean a loss of independent transfers, mobility limitations, an increase of medication expenses, and more. This program will guide you to healthy decisions so that you can be the best version of yourself!

## What to Expect

Each week of the program includes valuable tools to help you lead a healthy, active lifestyle. It will include healthy recipes, nutritional information, and physical activity guidelines as well as sample workout routines for you to try at home. We hope you find all that you need throughout this four-week program, but please reach out to NCHPAD if you need additional information and assistance. I hope you are as excited as we are to start. Let's begin!

# Week 1 Resources

## Physical Activity

Before getting started, please click and review this [short questionnaire](#) that will guide you to which level is recommended for you.

LEVEL  
1

LEVEL  
2

LEVEL  
3

LEVEL  
4

**Nutrition:**

[Nutrition & Multiple Sclerosis](#)

**Recipe:**

[Salmon Cakes with Tzatziki Sauce](#)

**Mind/Body:**

[Disability, Physical Activity, & Mental Health](#)

**Need to Know:**

[Creating a Personal Health Plan](#)

**Need to Know:**


[How To Choose a Fitness Center](#)

**Need to Know:**

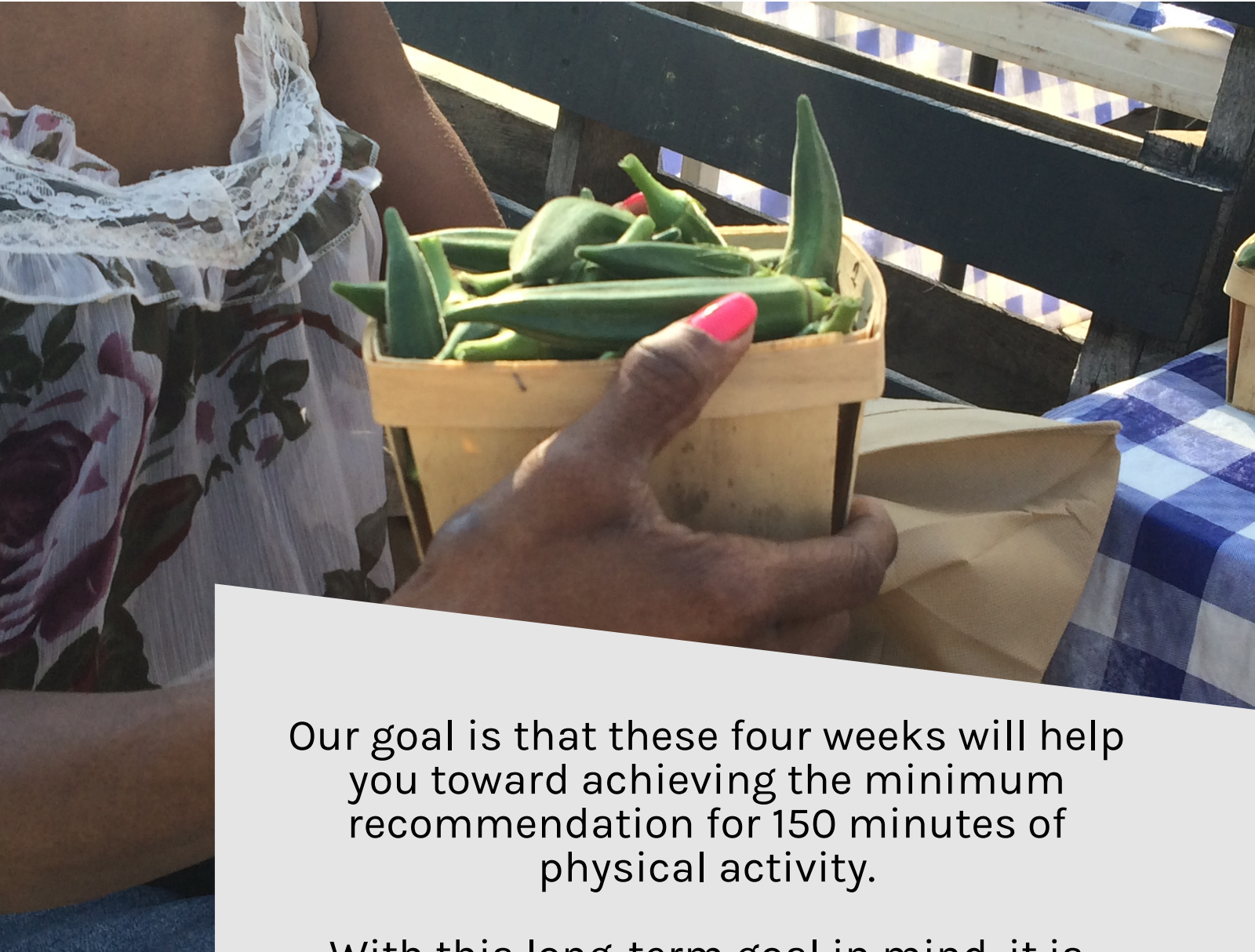
[Getting Past Exercise Barriers](#)

**Need to Know:**

[Stages of Change](#)



For questions contact [email@nchpad.org](mailto:email@nchpad.org) or call 800-900-8086 and specify that you are participating in the 4 Week MS Program. We have expert information specialist available for live chat Monday through Friday, 9:00-5:00 CDT.



Our goal is that these four weeks will help you toward achieving the minimum recommendation for 150 minutes of physical activity.

With this long-term goal in mind, it is important to remember that each of you will progress differently based on your current activity levels and which stage of change you are starting. You can use this week's Stages of Change handout to help you determine how to progress.

Throughout the four weeks, we will provide various options to obtain aerobic exercise and suggestions on how to progress. Listen to your body and refer to additional NCHPAD resources to understand if what you feel is appropriate for you.



contact us: [email@nchpad.org](mailto:email@nchpad.org)