

Multiple Sclerosis

**4 Weeks
to a Healthier you**



Week 2

Welcome to Week 2 of NCHPAD's Plan to a Healthier YOU!

Welcome to Week 2! Are you feeling better than you have in a while? Exercise can play a big role in how you feel and we hope you are starting to reap some of those benefits. This week, you will learn about a number of other benefits you can gain from exercise.

Progress

It can be challenging to stick with a program, but remember you have one motivating factor others might not: your independence. Exercise can help you transfer independently and push your own wheelchair. Unfortunately, not all activity is created equal. This week, you will learn about exercise intensity to make sure you are getting the most out of your routine.

Lessons Learned this Week

This week, we have added a number of resources to help you be successful on this journey. Goal setting is key to helping you stay on track. We have included great resources on navigating the grocery store and on rethinking some of your favorite drinks.

Exercise Routine

This week as you begin to move more, we want to tell you about the other great benefits of exercise!



Week 2 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:

[Water: The Essential Nutrient](#)

Nutrition:

[Estimating Serving Sizes](#)

Recipe:

[Kale Salad](#)

Need to Know:

[Goal Setting](#)

New to Know:

[Benefits of Exercise](#)

For questions, contact 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.





Remember the goal of this 4 week program is to help you move toward achieving the minimum recommendations for physical activity.

Try to go for at least 150 minutes a week of moderate-intensity aerobic activity performed each week. You can even break that up into episodes of 10 minutes spread throughout the week.



contact us: email@nchpad.org