

# Multiple Sclerosis

**4 Weeks  
to a Healthier You**



# Week 3

## Welcome to Week 3 of NCHPAD's Plan to a Healthier YOU!

Welcome back! How are you feeling on this new journey? Take a minute to stop and think about how your body has been responding. Are you sleeping better? Do you feel like you have more energy throughout the day? These are just some of the benefits of a healthier you. Have you been able to hit the recommended 150 minutes of aerobic activity in a week? If not, maybe this is the week you will do it.

## Lessons Learned

This week's new resources are for you to continue advancing to a healthier you. You will continue on with your exercise video level recommended for you. For nutrition, we will discuss what a heart healthy plate is and focus on mindful eating. Be sure to check out our fun videos this week for further resources.

## Safety Tips

Now that you are starting to exercise on a regular basis, here are some general safety tips to being active:

- Stop exercising if you experience pain, nausea, dizziness, light-headedness, chest pain, irregular heart beats, shortness of breath, or clammy hands.
- Drink plenty of water.
- Wear appropriate clothing -- typically something that moves easily.
- Make sure your blood pressure and blood sugar levels are within appropriate limits before beginning.

# Week 3 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:

[What is Heart-Healthy Eating?](#)

Nutrition:

[Heart Healthy Plate](#)

Mind/Body:

[Mindful vs. Mindless Eating](#)

Mind/Body:


[Mindful Eating with Mr. Chip](#)

Recipe:

[Healthy Tex-Mex](#)

Need to Know:

[Do You Need a Degree to Read a Food Label](#)



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.



Remember, it is common to take a step backwards every once in a while. The goal is to realize what took place to make you take that step back and to find creative ways around those barriers so that it doesn't happen again.

For example, maybe one of your goals was to lose weight and you were cautious of the types and amounts of food you consumed. Then a birthday celebration or a holiday came around and you slipped into your old eating habits.

As long as you acknowledge the slip and create a plan to minimize mistakes, you should be well on your way to accomplishing your goal.

Now is also a good time to adjust any of your goals if you noticed you have made any of them too difficult or too easy. Regardless, be sure your goals are right for you!



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