

# Multiple Sclerosis

**4 Weeks  
to a Healthier You**



# Week 4

## Welcome to Week 4 of NCHPAD's Plan to a Healthier YOU!

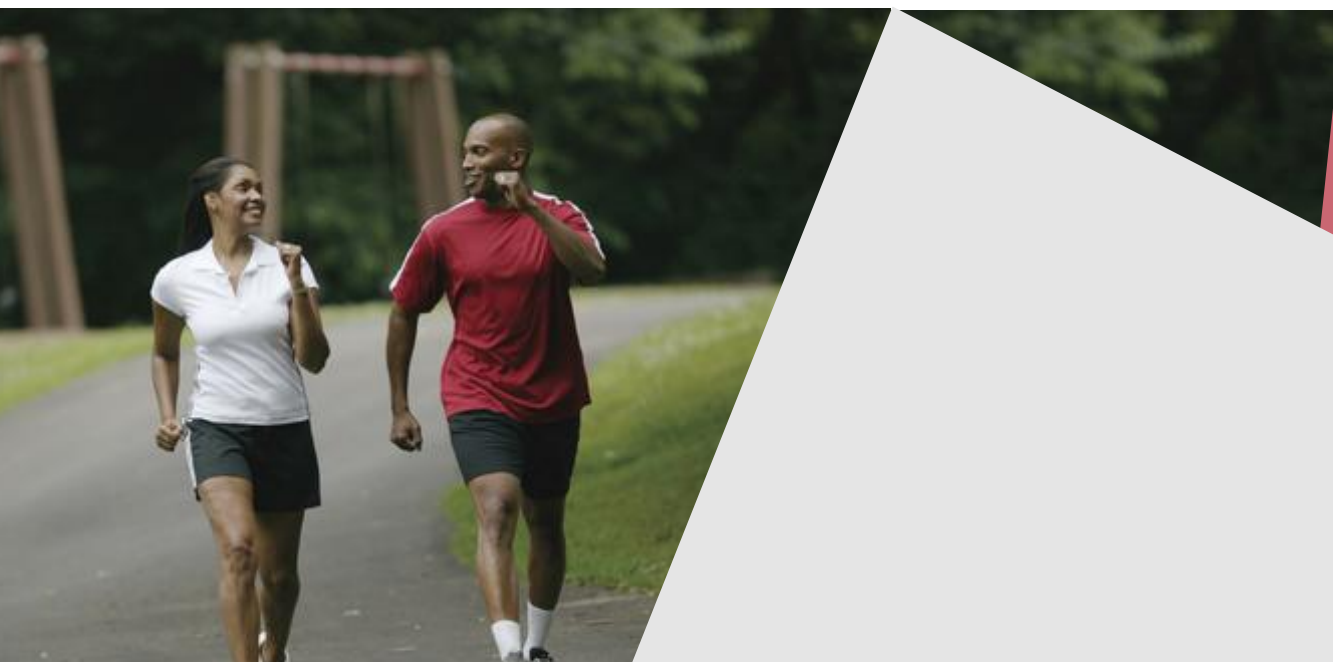
Congratulations, you did it! You made it to the 4th and final week of the program. While the program is ending, we hope this is only the beginning of your health journey. We hope you have found ways to overcome the barriers and are now equipped with some tips and tricks to maintain an active and healthy lifestyle. We would love to hear how and if this program has helped you. Feel free to reach out to an expert information specialist at any time to let us know.

## Lessons Learned

The prepared lessons this week will give you tips on choosing better food substitutions and tips on how to keep up your healthy lifestyle. We have also included a fun guide on how to stay active at your desk!

## Principle of Progression

The Principle of Progression states that in order to continue to see improvements, you must continue to overload the body effectively. But you must do so without working the body too much to cause injury. To make sure you are progressing effectively, follow the 10% rule: increase your frequency, intensity, OR duration by no more than 10% each week.



# Week 4 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:**

[This vs. That](#)

**Nutrition:**

[Snacking Made Healthy](#)

**Recipe:**

[Spicy Veggie Tacos](#)

**Need to Know:**


[Adapted Kitchen Tools & Accessibility](#)

**Need to Know:**

[Smart Recipe Substitutions](#)

**Need to Know:**

[Deskercises](#)



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.



Don't think of this as the end; think of this as the beginning to a new healthier you! One that is active, confident, and doing your part to decrease the risk of developing secondary health conditions.

This doesn't have to be the end of NCHPAD either. Did you know that we have a whole website full of information to keep you on the right track? If you have enjoyed the videos in this 4 week program, you can find hundreds more on our YouTube Channel.

This is a great time to re-evaluate your goals and consider setting new goals that match your current fitness level.

You now have all the tools you need to be active and healthy. If along the way you hit another road block to health, reach out to one of our expert information specialists to help you figure out some strategies to overcome that barrier.

Take Care and Be Well!



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