

Exercise Prescriptions

MULTIPLE SCLEROSIS

General Aerobic

- 3 - 5 Days per week
- Gradually increase your workout time from 10-30 minutes
- Activities should be performed at a moderate intensity

Activities

- Walking or Pushing
- Aquatic workouts or swimming
- Elliptical

Advanced Aerobic

- 5 Days per week
- Workout time can approach 40 minutes
- Activities should be performed at a moderate to high intensity

Activities

- Running or handbiking
- Road cycling

Resistance

- 2-3 Days per Week
- 1 to 3 sets between 8 and 15 repetitions of each exercise.
- Pick a resistance that you can finish 8–15 repetitions comfortably.

Activities

- Weight machines
- Free weights
- Elastic bands

Special Considerations

- These exercise recommendations are for mild to moderate conditions, please always speak with your physician before beginning an exercise program
- When planning the progression of your workouts, always increase the frequency before increasing the intensity
- Allow your muscles to rest 2 to 4 minutes between sets
- Remember to rest your muscles for at least a day after strength training
- Be aware of symptoms common to MS that may affect the type of exercise you choose such as heat sensitivity and fatigue
- Heart rate and blood pressure should be monitored during a workout

Exercise Prescriptions

STROKE SURVIVOR

General Aerobic

- 3 - 5 Days per week
- Gradually increase your workout time from 10-40 minutes
- Activities should be performed at a moderate intensity

Activities

- Walking or Pushing
- Aquatic workouts or swimming
- Recumbent Stepping

Advanced Aerobic

- 5- 7 Days per week
- Workout time can approach 60 minutes
- Activities should be performed at a moderate to high intensity

Activities

- Elliptical
- Same as general guidelines

Resistance

- 2-3 Days per Week
- 1 to 3 sets between 8 and 15 repetitions of each exercise.
- Pick a resistance that you can finish 8–15 repetitions comfortably

Activities

- Weight machines
- Free weights
- Elastic bands

Special Considerations

- These exercise recommendations are for mild to moderate conditions, please always speak with your physician before beginning an exercise program
- When planning the progression of your workouts, always increase the frequency before increasing the intensity
- Allow your muscles to rest 2 to 4 minutes between sets
- Remember to rest your muscles for at least a day after strength training
- Aerobic and Resistance training can be practiced on the same day
- Heart rate and blood pressure should be monitored during a workout

Exercise Prescriptions

PARKINSON DISEASE

General Aerobic

- 3 - 5 Days per week
- Gradually increase your workout time from 10-40 minutes
- Activities should be performed at a moderate intensity

Activities

- Walking or Pushing
- Aquatic workouts or swimming
- Recumbent Stepping

Resistance

- 2-3 Days per Week
- 1 to 3 sets between 8 and 15 repetitions of each exercise.
- Pick a resistance that you can finish 8–15 repetitions comfortably

Activities

- Weight machines
- Free weights
- Elastic bands

Special Considerations

- These exercise recommendations are for mild to moderate conditions, please always speak with your physician before beginning an exercise program
- When planning the progression of your workouts, always increase the frequency before increasing the intensity
- Allow your muscles to rest 2 to 4 minutes between sets
- Remember to rest your muscles for at least a day after strength training
- Aerobic and Resistance training can be practiced on the same day
- Heart rate and blood pressure should be monitored during a workout