

# Canadian Physical Activity Guidelines

## FOR ADULTS WITH MULTIPLE SCLEROSIS

### Guidelines

To achieve important fitness benefits, adults aged 18-64 years with multiple sclerosis who have mild to moderate disability need **at least**:



- 30 minutes of moderate intensity aerobic activity, 2 times per week, **AND**



- Strength training exercises for major muscle group, 2 times per week.



Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health related to quality of life.

### Who are the Guidelines for?

- These guidelines are appropriate for adults (aged 18-64 years) with minimal to moderate disability resulting from either relapsing remitting or progressive forms of multiple sclerosis

### Getting Started

- You may wish to speak to a health professional to find out what types and amounts of physical activity are appropriate for you.
- A health professional might include a doctor, a physiotherapist, or a qualified exercise professional.
- If you are physically inactive, activities performed at a lower intensity, frequency, and duration than recommended may bring some benefit.
- Gradually increase duration, frequency, and intensity as a progression towards meeting the guidelines.

*Now is the time. Walk, run, or wheel, and embrace life.*

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### HERE IS WHAT IS RECOMMENDED

	Aerobic Activity	Strength Training Activity
<b>How often?</b>	Two times per week <ul style="list-style-type: none"><li>• Aerobic and strength training activities can be done on the same day</li><li>• Rest your muscles for at least one day between strength training sessions</li></ul>	Two times per week
<b>How much?</b>	Gradually increase your activity so that you are doing at least 30 minutes of aerobic activity during each workout session.	Repetitions are the number of times you lift and lower a weight. Try to do 10-15 repetitions of each exercise. This counts as 1 set. Gradually work up to doing 2 sets of 10-15 repetitions of each exercise.
<b>How hard?</b>	These activities should be performed at a moderate intensity. Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up. As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.	Pick a resistance (free weights, cable pulleys, bands, etc.) heavy enough that you can barely, but safely, finish 10-15 repetitions of the last set. Be sure to rest for 1-2 minutes between each set and exercise.
<b>How to?</b>	Some options for activity include: Aerobic activities <ul style="list-style-type: none"><li>• Upper Body Exercises: arm cycling</li><li>• Lower Body Exercises: walking, leg cycling</li><li>• Combined Upper and Lower body exercises: elliptical trainer</li></ul> Other types of exercise that may bring benefits <ul style="list-style-type: none"><li>• Elastic resistance bands</li><li>• Aquatic exercise</li><li>• Calisthenics</li></ul>	Strength training activities for the upper and lower body <ul style="list-style-type: none"><li>• Weight machines</li><li>• Free weights</li><li>• Cable pulleys</li></ul>