



See reverse for more information!

## Minnesota Center for Multiple Sclerosis

### Patient Resources: Exercise & Lifestyle

Navigating physical activities with multiple sclerosis can present unique challenges, but there are means available to you that can help open up new options for hobby and health!



#### Multiple Sclerosis Society: Cooling Vest

MS patients are especially susceptible to the dangers of overheating while doing outdoor activities. Cooling vests allow a mobility-friendly option for keeping safe and cool during summer months.

The Multiple Sclerosis Society offers the means to apply for a free cooling device, how to navigate insurance claims for devices, and a list of trusted brands.

Scan the QR or visit: [nationalmssociety.org](http://nationalmssociety.org)

### MS Focus: Health & Wellness Grant

MS Focus has funded local adaptive exercise and alternate therapy classes to aid in symptom management and overall improve one's quality of life. Where there is not enough interest to form classes, the foundation offers the opportunity to apply for full or partial funding to attend local gyms, fitness facilities, and wellness centers.

MS patients are encouraged to apply online, and can additionally find virtual classes and activities through MS Focus' website.

Scan the QR or visit: [msfocus.org](http://msfocus.org)



#### Challenged Athletes Foundation

The Challenged Athletes Foundation offers financial support for physically disabled individuals pursuing casual and competitive adaptive sports. Classes are offered through the foundation and its nationwide partners.

Visit online to find adaptive sports organizations local to your area, apply for grant support, or learn more about getting started with adaptive sports.

Scan the QR or visit: [challengedathletes.org](http://challengedathletes.org)

### MS Society: Recreational Resources

Not sure where to begin on finding the activity that works for you? The MS Society provides educational resources on sports and recreational activities that may best accommodate one with multiple sclerosis. Visit online to learn more about what may work best for you!

Scan the QR or visit: [nationalmssociety.org](http://nationalmssociety.org)





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## Minnesota Center for Multiple Sclerosis

### Patient Resources: Yoga & Stretching Routines for MS

Yoga and stretching exercises can be a perfect start to patients looking to improve their physical stamina and overall quality of life. **Before beginning a new routine, it is always best practice to speak with your doctor or physical therapist to understand what will best work for you.**

We have compiled a list of educational videos that can help MS patients get started with beginner-friendly yoga and stretching, as well as further knowledge on how physical therapy affects your nervous system and general health.



#### Seated Yoga & Stretches for MS

Follow along with demonstration videos on how to stay active while supporting yourself from a seated position. Minimal experience is required to get started, and the only equipment required to begin is a chair.



Scan the QR or visit: [youtube.com/@MNCenterMS](https://youtube.com/@MNCenterMS)



#### Exercise & Stretching for MS

Explore further demonstration videos for yoga and stretching through standing and floor routines, as well as educational sessions from qualified physical therapists specializing in multiple sclerosis.



Scan the QR or visit: [youtube.com/@MNCenterMS](https://youtube.com/@MNCenterMS)



#### Adaptive Equipment for Sports

Adaptive equipment enables greater access to recreational sports for those who may have more restrictive physical movement. Learn more about the types of adaptive equipment and trusted brands in the industry.

Scan the QR or visit: [challengedathletes.org](https://challengedathletes.org)