

my MS Toolkit

Being Active Worksheet

Five steps to increasing your physical activity

Step 1

Talk with your healthcare professional

Make your physical activity count

Regular physical activity can have enormous health benefits in addition to helping you manage your MS. Keeping yourself healthy provides a stronger foundation for managing MS. Benefits of regular exercise include:

- Helping you sleep better
 - Reducing your pain and fatigue
 - Improving your cognitive function (thinking ability)
-

Always talk with your healthcare provider before starting or changing your exercise programme. He or she can help you determine what is the right amount of physical activity for you right now.

Step 2

Keep track of everything you do in a typical day

From the time you wake up until the time you go to bed, keep track of everything that you do during a day. Keep track of what you do on a weekend day as well. It might be different from a weekday. Write down the amount of time you spend doing each activity.

Step 3

Place each activity on the physical activity spectrum

Write down each activity in the correct column:

- Sedentary (still)
 - Light/mild
 - Moderate
-

Step 4

Learn how to balance your physical activities

Find ways to adjust your activities so that you gradually add more activity or increase your level of activity. For example, is there a long period of time when you are sitting? Maybe you could take a 5-minute stretching breaks.

Step 5

Reward yourself

As you work toward becoming more active, it is also important to reward the effort you're making. For example, rent a movie or spend time with a friend.

The chart on page 2 provides an example of how to track and assess your physical activity habits.

Being Active Worksheet

| | | | | | |
|---|--|---|-------------------|-----------------|--|
| STEP 1 | | Talk with my healthcare professional | | DATE: MAY 15 | |
| STEP 2 | | STEP 3: PHYSICAL ACTIVITY SPECTRUM | | | |
| TIME SLOT | ACTIVITIES (CHORES, ERRANDS, WORK, CHILD CARE, FUN) | SEDENTARY | LIGHT/MILD | MODERATE | |
| 6 am to 8 am | Showered, got kids ready for school | 15 min | 25 min | | |
| 8 am to 10 am | Commuted, sat at desk | 2 hr | | | |
| 10 am to noon | Delivered mail at work, walked during lunch, sat at desk | 90 min | 10 min | 10 min | |
| noon to 2 pm | Sat at desk | 2 hr | | | |
| 2 pm to 4 pm | Sat at desk, walked to nearby office | 90 min | | 15 min | |
| 4 pm to 6 pm | Sat at desk | 2 hr | | | |
| 6 pm to 8 pm | Did yoga, made dinner | | 25 min | 35 min | |
| 8 pm to 10 pm | Watched TV, got ready for bed | 90 min, 15 min | | | |
| 10 pm to midnight | Slept | | | | |
| Total | | 660 min | 60 min | 60 min | |
| STEP 4 | | STEP 5 | | | |
| Notes about this day: Today was a good day. Added some more activities. Will try to do that more often-maybe get up and walk every hour or so. | | My reward: I will rent a movie. | | | |

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| 10 pm to midnight | | | | | |
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| STEP 4 | Notes about this day: | | STEP 5 | My reward: | |

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