

Introduction



When *Exercises for people with MS* was launched in 2004 it was the first publication designed to build on the evidence that exercise was good for people with MS. It offered people with MS and health professionals simple guidance about appropriate exercise regimes. Since that time, in excess of 45,000 copies have been sent out.

To enable more people to have access to this information and to enable health professionals to provide a more tailored approach, the book has been transferred to a web based format.

The exercises are arranged in categories based both on how they are done and the type of problems they address. Each exercise includes clear, attractive diagrams, and an animation to illustrate the movement. The option to download each individual page allows the compilation of a personalised set of exercises to meet particular needs and to suit lifestyle.

Move it for MS, a companion DVD of exercises led by Mr Motivator, is available from the MS Trust for £1.

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