THE LIFE PROGRAM FOR MS: LIFESTYLE, INDEPENDENCE, FITNESS AND ENERGY

Raymond Weigold

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Exercise in multiple sclerosis -- an integral component of disease management

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Lifestyle, Independence, Fitness and Energy Susan J Epstein The LIFE Program for MS emphasizes those can-do points and uses the acronym to remind us.

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Several lines of evidence suggest that MS patients benefit from regular physical activity and exercise with respect to clinical, imaging and physiological parameters. Influence of temperature The LIFE Program for MS: Lifestyle on multiple sclerosis: critical review of mechanisms and research potential. Susan J. WhodopeoplewithMSturntototalkaboutdailyphysicalandemotionalchalle Epstein provides readers with tips and strategies for healthy eating, managing weight, incorporating exercise into daily life, and managing and conserving both mental and physical energy for daily living. Paperbackpages. Epsteinputsthekeyelementsintoactionprovidingspecificstepstochange studies completely failed to detect any improvements [33].