

MS Physical Activity Specialist

The role of the MS Physical Activity Specialist is to support people with MS to have a better quality of life. We know moving more decreases the risk of heart disease and it can:

- alleviate or reduce symptoms
- keep the body working at its best
- improve mood
- give you more energy
- reduce the knock on effects of deconditioning (this is when your muscles lose strength after a time of not being used)
- help control weight
- for those with severe MS, it can help you stay as mobile and active as possible
- improve walking mobility

Who can use this service?

Anyone who is affected by MS and would like support in managing their MS.

What will the Physical Activity Specialist do?

The physical activity specialist may take a number of approaches to help you. These could include the following:

- Carry out an assessment of your needs. This may involve a short questionnaire
- Create an individualised action plan with you based on your individual goals
- Offer 12 months ongoing one-to-one remote support for those considered inactive and based in England. This includes individualised activity plans, motivational texts, 1-2-1 follow ups and evaluation
- Provide information and signposting regarding physical activity and MS
- Help you find accessible activities in your local area

What to do next

Contact the MS Helpline on **0808 800 8000**, Monday – Friday 9am to 7pm, excluding bank holidays.

Ask to be referred to the MS Physical Activity Specialist. Or email helpline@mssociety.org.uk and ask for a referral.

We're the MS Society. Our community is here for you through the highs, lows and everything in between. We understand what life's like with MS.

Together, we are strong enough to stop MS.

The MS Society provides this information free of charge but if you would like to help cover the cost, which will help towards our essential work, please call **0800 100 133** or visit the fundraising section of our website to make a donation. Anything you can give will be greatly appreciated.

Contact us

MS Helpline

Freephone 0808 800 8000
(closed on weekends and bank holidays)
helpline@mssociety.org.uk

MS National Centre

0300 500 8084
info@mssociety.org.uk
supportercare@mssociety.org.uk

Online

mssociety.org.uk
facebook.com/MSSociety
twitter.com/mssocietyuk

MS Society Scotland

0131 335 4050
msscotland@mssociety.org.uk

MS Society Northern Ireland

028 9080 2802
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MS Society Cymru

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Multiple Sclerosis Society

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