

Being Active Worksheet

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)

Five steps to increasing your physical activity

Step 1

Talk with your healthcare provider

Always talk with your healthcare provider before starting or changing your exercise program. 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 provider			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	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.		STEP 5	My reward: I will rent a movie.	

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10 am to noon						
noon to 2 pm						
2 pm to 4 pm						
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6 pm to 8 pm						
8 pm to 10 pm						
10 pm to midnight						
		Total				
STEP 4	Notes about this day:		STEP 5	My reward:		

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