

*THE POSITIVE EFFECTS OF EXERCISE ON TWO CONDITIONS:
MULTIPLE SCLEROSIS AND ARTHRITIS*



VIDEOS & RESOURCES

The Positive Effects of Exercise for People with MS: The National Multiple Sclerosis Society states on their website that exercise can help manage many of the symptoms of MS.

To view an inspiring video of those with MS talking about their personal exercise experiences, and a physical therapist talking about the benefits of exercise, click here:

[Exercise/physical activity with MS](#)

This is a video published by the National MS Society, Feb. 8, 2016

“Judy Boone, physical therapist Lynn Williams, Dan Melfi and Dave Altman discuss the physical activities they enjoy / have modified to continue while living with MS.

Learn more at www.nationalMSSociety.org/recreation.”

The Positive Effects of Exercise for People with Arthritis: The Arthritis Foundation states on their website that by matching activities to arthritis management goals, those with arthritis can gain benefits from exercise.

For specific exercise videos to view, including 2 minute exercises, stretches and core exercises, click here: **[Arthritis-friendly Exercise Videos](#)***

To view an example from the lower body category, click here: **[No-Band Sit-Stand Squats](#)***

* Be sure to consult with your physician before beginning any exercise program.

For information on exercising with arthritis, and to read about how exercising can help manage pain and improve function, click here:

<http://www.arthritis.org/living-with-arthritis/exercise/benefits/osteoarthritis-exercise.php>