

Accessible Movement

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Find hope, based on
evidence



Agenda

- Why exercise more?
- Set your own goals
- Make exercises accessible
- Let's practise!
- Stay motivated



Exercise

Stimulates formation of neurons

Strengthens connection between neurons

Reduces brain shrinkage

Improves cognition, decision-making & problem-solving

Improves coordination



Prevents cardiovascular disease, type 2 diabetes and some cancers

Reduces cholesterol & blood pressure

Improves the respiratory system

Strengthens the joints

Supports immunity

Benefits for people with MS

Increases muscle strength

Improves walking speed

Increases energy levels

Improves mood

Reduced relapse rate

Improves sexual function

Improves bowel & bladder function

Lower risk of depression

Better quality of life

Associated with less disability



The Joy of Movement

‘When you move with grace, your brain perceives the elongation of your limbs and the fluidity of your steps, and realizes, “I am graceful.”

When you move with power, your brain encodes the explosive contraction of muscles, senses the speed of the action, and understands, “I am powerful.”

When you move in a way that requires strength, your brain senses the resistance in your muscles and the force on your tendons, and concludes, “I am strong.”

McGonigal, Kelly. *The Joy of Movement*

What is your goal?

- Specific (simple, sensible, significant)
- Measurable (meaningful, motivating)
- Achievable (agreed, attainable)
- Relevant (reasonable, realistic, results-based)
- Time bound (time-based).



Breaking down exercises

Example: Running

- Improves lung function
- Strengthens the joints & bones
- Strengthens the muscles
- Helps to relax
- Helps to connect with Nature

Instead

- Breathing exercises
- Use body weight to strengthen joints, bones & muscles
- Do relaxation exercises
- Go outdoors

Be creative and have fun!

Adapting exercises

How?

- Use a chair
- Do sitting exercises on the floor
- Stand beside a wall or chair
- Use your body weight, a rolled towel or a resistance band instead of heavy weights

Let's practise!



Stay motivated

- It takes on average 4 sessions a week for 6 weeks to feel the exercise 'high'
- Add music to your practice so you associate it with pleasure
- Practice with friends or in a group
- Journal, keep track (ex: your VO2 Max)



The Joy of Movement

‘Anything that keeps you moving and increases your heart rate is enough to trigger nature’s reward for not giving up.

There’s no objective measure of performance you must achieve, no pace or distance you need to reach, that determines whether you experience an exercise-induced euphoria. You just have to do something that is moderately difficult for you and stick with it for at least twenty minutes.

That’s because the runner’s high isn’t a running high. It’s a persistence high.’

McGonigal, Kelly. *The Joy of Movement*

Thank You!

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evidence

overcomingms.org

