

# Healthy lifestyle matters in MS

Choosing a healthy lifestyle helps to:



**Reduce relapse or slow disease progression** through stopping smoking, reducing stress, getting physical activity and eating a good quality diet



**Improve or manage symptoms** like fatigue, pain, mood and cognition through small improvements to sleep, nutrition, stress management or physical movement



**Optimise your brain health** by protecting existing function, preventing dementia and preserving the brains' natural reserves which are more susceptible to damage or depletion in MS



**Reduce the likelihood of other conditions** like diabetes, obesity, and heart problems which can all negatively impact your MS, impact the success of treatment or even increase the likelihood of relapse



**Reduce burden on healthcare services** as well as provide hope, support self-management and increase quality of life

Making healthy lifestyle choices helps people with MS to change their life, for life.

## References

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