



**The Overcoming MS Program encourages individuals with multiple sclerosis (MS) to adopt lifelong lifestyle changes to manage the condition effectively.**



### 1. Holistic lifestyle approach

Overcoming MS integrates diet, exercise, meditation, medication, vitamin D, and family health into a comprehensive lifestyle plan.



### 2. Scientific evidence

The Program is based on substantial scientific evidence demonstrating that lifestyle changes can positively impact MS progression and overall health and help mitigate this risk.



### 3. Personal empowerment

Individuals are encouraged to take control of their health by making informed, proactive lifestyle choices.

## Key components



### 1. Healthy diet

Follow a plant-based, low-saturated-fat diet rich in Omega-3 fatty acids. This helps reduce inflammation and supports overall health.



### 2. Regular exercise

Aim for at least 30 minutes of exercise, five times a week, to maintain mobility and improve mental well-being.



### 3. Vitamin D

Maintain optimal vitamin D levels through safe sun exposure and supplements to support immune function.



### 4. Meditation and mindfulness

Practice regular meditation and mindfulness techniques to reduce stress and improve mental health.



### 5. Medication

Use disease-modifying drugs (DMDs) and other medications as prescribed to manage symptoms and reduce relapse rates.



### 6. Family health

Involve family members in the Overcoming MS lifestyle to create a supportive environment and reduce genetic risks.



## Benefits

### Improved quality of life

Adopting the Overcoming MS lifestyle can lead to better physical and mental health, reduced symptoms, and enhanced quality of life.

### Community support

Engage with the Overcoming MS community through the Live Well Hub for support, motivation, and shared experiences.

### Sustainable health changes

The Program promotes sustainable lifestyle changes that can be maintained for life, providing long-term health benefits.



## Practical tips

### Set clear goals

Define clear, achievable health goals and track your progress regularly.

### Educate yourself

Stay informed about MS and the Overcoming MS Program by reading available resources and participating in webinars and events.

### Seek support

Utilise support networks, including family, friends, and the Overcoming MS community, to stay motivated and committed to lifestyle changes.

### Celebrate milestones

Acknowledge and celebrate progress, no matter how small, to maintain motivation.



### Learn more

By embracing these principles and integrating them into daily life, individuals with MS can manage their condition more effectively and improve their overall well-being.

For more detailed information and resources, visit our website on [www.overcomingms.org](http://www.overcomingms.org)

