

# MS FITNESS TRAINING SPECIALIST

**Advanced Concepts**

**Volume 2**



---

**NFPT**

---

Understanding the  
Necessary Training Protocols  
and Effective Methods for  
Safely Training Clients with  
Multiple Sclerosis



# MS FITNESS TRAINING SPECIALIST

*A course designed to educate personal fitness trainers on the symptoms and daily struggles faced by people diagnosed with Multiple Sclerosis. This course is designed for certified personal trainers and allied health professionals to gain a foundation of working knowledge in order to help people with MS to manage their symptoms and gain better health and wellness through fitness.*

## Author

*David Lyons, Founder MS Fitness Challenge*



All Rights Reserved © 2018

*National Federation of Professional Trainers, NFPT, has partnered with David Lyons and MS Fitness Challenge to bring you this educational resource for understanding MS and how fitness can positively impact your clients who struggle with the effects of this disease.*

*From the Author:*

*Thank you for choosing to take this course and educate yourself for the betterment of those you serve as a certified personal trainer. Each week, 200 people are diagnosed with Multiple Sclerosis in the United States alone. In 2006, I was diagnosed with MS and at first I felt hopeless, but then I realized that I could turn this around and not only help myself but others as well. I made it my life's work to help those who struggle with the symptoms of this debilitating disease to live a lifestyle of health and wellness despite MS, the same way that I do. The good news, it doesn't have to be debilitating; together, we can educate people on how to conquer MS with the right mindset and the training to fight, through fitness.*

*I partnered with NFPT to write and deliver this course as one fitness professional to another, except I'm not only the fitness professional but the end user as well. I have the insight into this disease because I have it, and because I dedicated myself to learning everything I could about the link between MS and exercise for the improvement of daily living and overall wellness of those affected by the disease. In the pages to follow, I am writing to you from over 35 years of experience, education and sheer will to never give up and never say quit! I hope that you enjoy the reading as much as I enjoyed writing it. Thank you for your pursuit of growing, serving and bettering yourself to the end of bettering others. You are on the road to learning the tools to change lives.*

*As co-founder, with my wife Kendra Lyons R.N., of the MS Fitness Challenge, a charity to help those with MS conquer this disease through fitness and health; a competitive bodybuilder with MS; and the recipient of the Arnold Schwarzenegger Health Advocate Lifetime Achievement Award, I can attest that exercise is one of the most important elements in battling MS, and winning.*



- David Lyons

## Table of Contents

Introduction to MS Fitness: The Essentials	5
<b>SECTION 1: Benefits of Exercise for Multiple Sclerosis</b>	<b>7</b>
Less Fatigue	8
Better Mood	8
Bladder Control	8
Stronger Bones	9
Getting Started With Exercise	9
	<b>10</b>
<b>SECTION 2: Achieve Mental Fitness</b>	<b>11</b>
Make Lifestyle Changes for a Healthy Mind	11
MEDITATION	11
YOGA	13
POSITIVE AFFIRMATIONS	13
VISION BOARD	15
JOURNALING	16
THE POWER OF NATURE	17
DEALING WITH BURNOUT	18
Stress vs. Burnout	19
	<b>19</b>
<b>SECTION 3: Stretch and Strengthening</b>	<b>20</b>
STRETCHING FOR PAIN AND STIFFNESS	21
STRETCHES	21
STRENGTH TRAINING	25
<b>SECTION 4: Effective Approach to Nutrition</b>	<b>27</b>
Must-have Mindsets for Long-term Success	29
Introduction to Inflammation	32
Best Advice for Eating: Before & After Exercise	47

Pre-workout Meal Guidelines:	47
During Workout:	48
Post-Workout Meal Guidelines:	48
Healthy Eating on a Budget	49
 <b>SECTION 5: MS Exercises, Modifications and Progressions</b>	 <b>51</b>
Modifying Exercises	53
Adapting in a Wheelchair	58
 <b>11 Most Effective Exercises to Combat the Effects of MS</b>	 <b>67</b>
<b>Other Training Aspects for MS</b>	<b>85</b>
Cardio Training and Warming-Up	85
Balance Exercises	86
Core Exercises	87
Coordination movements	89
Heat sensitivity	90
 <b>MS FITNESS CONCLUSION AND ACTION STEPS</b>	 <b>90</b>

## Introduction to MS Fitness: The Essentials

This *MS Fitness Essentials* course is an introductory educational tool and resource for understanding the essential knowledge that you, the certified personal trainer, need when working with clients who have Multiple Sclerosis.

This course is the groundwork and foundation for you to take the next step in making MS clients part of your personal training business. *MS Fitness Essentials* will guide you in being able to provide initial services to people with MS but it is highly recommended that you continue to advance your understanding of MS and effective training methodologies to increase the health and well-being of your MS clients. After completing this introductory course, consider the Advanced MS Fitness Specialist course to earn your MS Fitness Specialist credential and to be a fully qualified MS trainer (NFPT advanced course release: spring 2018). This introductory course gives you the essential information for understanding, and offers continuing education for personal growth with credits toward your personal trainer certification. The Advanced MS Fitness Specialist course will enable you to build on this essential knowledge, expand your scope of practice and develop a rewarding business as an MS trainer. You will be acknowledged as a fitness professional helping to change the lives of those with MS and working hand in hand with them to live a lifestyle of fitness despite their disease.

First things first, read thoroughly this MS Fitness Essentials course booklet, study the information provided and take the course test to assure your understanding and receive your certificate of completion for credit. Then, you will know if you are prepared to take this a step further into an advanced level MS course to earn your MS Fitness Specialist credential. This MS Fitness Essentials course is designed to educate personal fitness trainers on the symptoms, daily struggles and exercise modifications faced by people diagnosed with Multiple Sclerosis. Our program is designed to allow you, the certified personal trainer, to successfully navigate through the adjustments needed to work with this unique group of individuals.

Due to the constant inconsistency of MS symptoms and its limitations, of which can be ever-changing, it is extremely important that fitness professionals who undertake training clients with MS have a thorough understanding of this nervous system disease and how to adapt workouts accordingly.

This MS Essentials course will prepare you for the expectations required if you decide to work one-on-one with MS clients. In order to safely and effectively work with MS clients as a NFPT Certified Personal Trainer, you are required to attain the Advanced MS Fitness Specialist credential. The learning objectives of this course include those things that will give you essential and introductory knowledge of the following:

## Learning Objectives

- Understanding symptoms and various limitations of Multiple Sclerosis
- Learn how Multiple Sclerosis is diagnosed
- Recognize the importance of mental fitness and emotional implications when battling this disease
- Know the basic exercises that should be implemented in a fitness routine
- Identify different options in nutritional guidance for your MS clients
- Know the current and new treatments for MS
- Know how to create safe and effective workout regimen despite the limitations

People who suffer from MS are often overlooked as candidates for a solid and rewarding fitness program. For many years they have been told not to exercise to avoid exacerbations. This philosophy has led to obesity and other physical ailments in the MS community that, as fitness professionals, we know is in contrast to a lifestyle of health and wellness.

It is the goal of NFPT and MS Fitness Challenge to help empower those with MS, through your participation and continuing education in this area as an elite fitness professional, to support the health, wellness and fitness in order to achieve the best quality of life possible while inflicted with the symptoms of Multiple Sclerosis.

---