

WORKSHOP ACTION GUIDE

WELCOME!

If you're interested in getting stronger while living with Multiple Sclerosis, you're in the right place.

We've had many clients with Multiple Sclerosis that have gone through our Steady-Pace® exercise technique and achieved wonderful results. And the underlying pillars of the Steady-Pace® technique have been approved by the nurses and doctors at Central Texas Neurology Consultants and is currently being utilized by MS clinics and MS Specialized doctors throughout the US.

This action guide is designed to help you capture the critical lessons from this video, and give you space to record your results.

FIVE TYPES OF PEOPLE THAT THIS IS PERFECT FOR:

- 1.) You don't know how to exercise safely with Multiple Sclerosis
- 2.) You already attend PT or OT sessions
- 3.) You are Newly Diagnosed or Wheelchair bound
- 4.) You don't like the gym and want to exercise from home
- 5.) You are unsuccessful with take home exercise diagrams



MOTIVATION: THREE QUESTIONS TO INSPIRE YOU

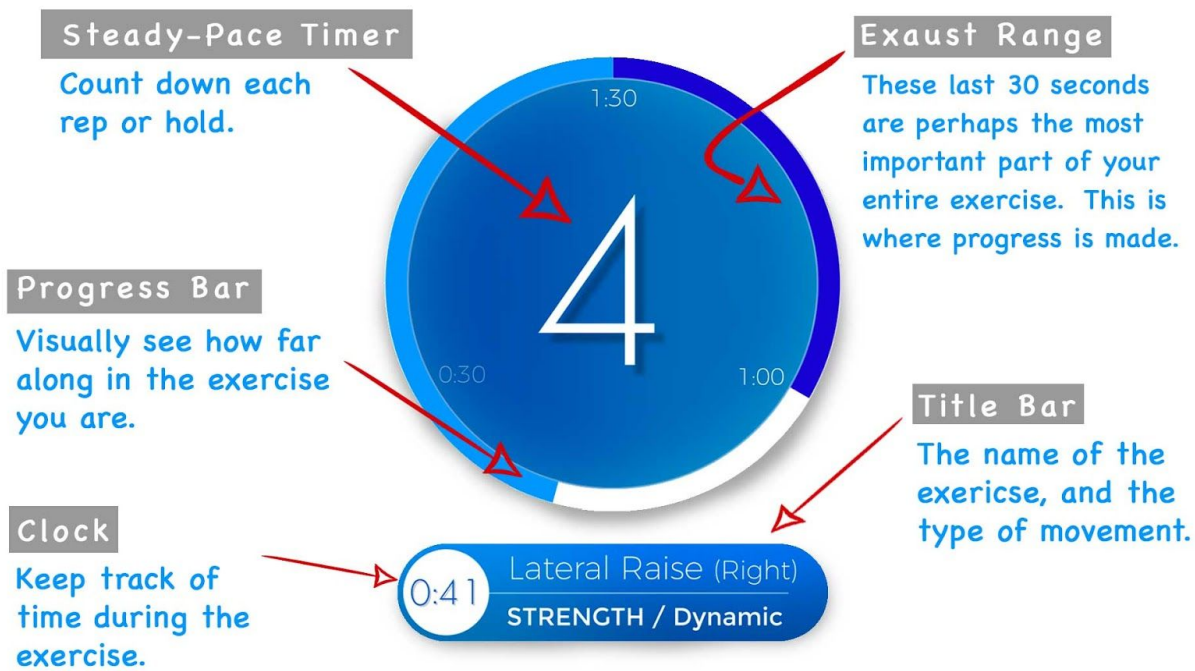
1.) *What are the goals that you want to achieve through exercise?*

2.) *What obstacles keep you from exercising regularly?*

3.) *What will putting your health first do for your lifestyle and your family's lifestyle?*



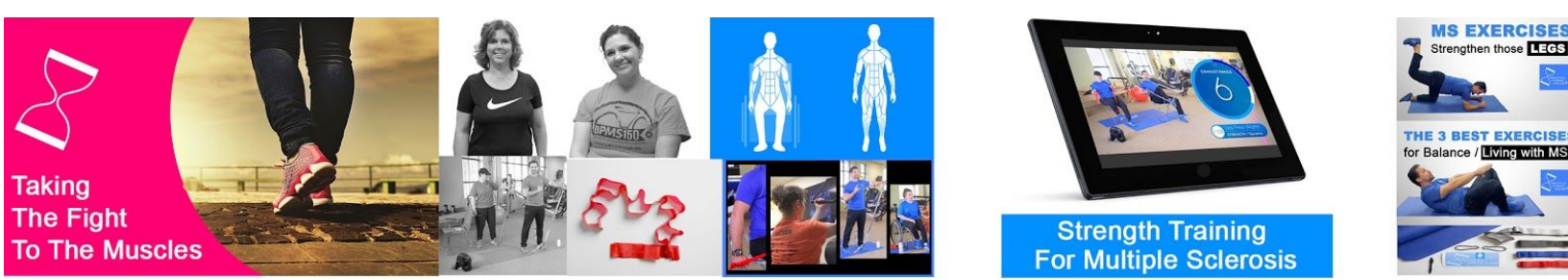
GET TO KNOW THE GRAPHICS:



When you are writing down the time that you found full exhaustion, that time can be found using the [CLOCK] in the above graphic.

Safety Tips:

- Have a fan(s) pointed directly at you
- Turn down your thermostat to 65 F
- Use a humidifier (if you have one) to keep the air dry
- Drink plenty of WATER
- Make sure your exercise space is safe and spacious (be conscious of the hazards in your environment, fix them if you can)
- Results come from challenging yourself, but never push yourself to the point of pain, extreme body fatigue, dizziness, excessive overheating, etc. Always listen to your



body. Know your limits. The only type of “pain” you want to feel is the deep burn you’ll get in the targeted muscles.

MEASURE YOUR PROGRESS:

SESSION 1:

EXERCISE	TIME	COMMENTS
Lower Body		
Upper Body		

SESSION 2:

EXERCISE	TIME	COMMENTS
Lower Body		
Upper Body		



LOOKING AHEAD IN THE MS FITNESS WORKSHOP...

Lesson Two - Recovery Days

In the 2nd lesson, we're going to run through two stretches:

- A Tricep Stretch, which will help reduce tightness and increase oxygenated blood flow to the muscles we targeted during the upper body workout in Lesson 1.
- A Quadricep Stretch, which will reduce spasticity and increase blood flow to the muscles that we targeted during the lower body workout in Lesson 1.

In addition, we will be heading to the kitchen where Jeff will cook up some delicious gourmet meals and talk about the proper nutrition needed to give your body the best shot at being healthy and prompting muscle growth.

Lesson Three - The Final Test

After the first two lessons, you've got the groundwork to successfully and safely exercise when living with Multiple Sclerosis. We're going to test our knowledge and skills so that you can see the progress that you've made.

We've had many clients maintain and improve their health by consistently using our Steady-Pace® technique. We want the same for you -- that's what the MS Fitness Workshop is all about.

Stick around to the very end for our largest discount yet to our workout program.