

Multiple  
Sclerosis  
Trust

MS

A black and white photograph of an elderly man with short white hair, smiling broadly. He is seated in a wheelchair and is holding a long, dark resistance band with both hands, pulling it taut across his chest. He is wearing a light-colored t-shirt and shorts. In the background, the lower half of another person is visible, standing. The overall scene suggests a physical therapy or exercise session.

**Got MS?**

**You got this**

# **And we've got you. . .**

*Leading a healthy and active lifestyle can make a big difference when you've got MS.*

*It can. . .*

- Make it easier to deal with MS symptoms and relapses*
- Enable you to continue doing the things you love*
- Have a positive impact on your mental wellbeing*

*Not sure how to get started? We have research-based information on all kinds of lifestyle issues on our website, including smoking, diet, exercise, stress, mental health, posture and sleep.*

**Find out more: [www.mstrust.org.uk/life](http://www.mstrust.org.uk/life)**