

**Q.** What's the best way for someone with MS to exercise and lose weight? I cannot overheat or I will suffer a relapse.

**A.** Any exercise will produce some heat. The best way to exercise without getting too hot is to do water aerobics. The water in the swimming pool keeps you cool while exercising. You will need to join a gym or other public pool unless you have a pool in your home.

The next best way to reduce the heat so you don't get too hot is to exercise in the cool of the morning or evening, and go at a moderate pace. Also dress lightly so you have plenty of skin exposed for cooling. Don't exercise in the direct sunlight. It depends upon where you live, but in the Northern states, it is usually cool (less than 60 degrees) in the early mornings.

If you are exercising indoors, turn the air conditioning on plus put a large fan next to where you are exercising. The cool breeze will help keep you cool. Ultimately, you will need to control the intensity of the activity so you don't get too warm. Less intense activities shouldn't generate too much heat.



A good diet to follow for losing weight can be found on the government's nutrition and eating guide website: <http://www.mypyramid.gov/>

On the first page, select "Get a personalized plan." You can enter your present age, weight, etc., and indicate that you want to lose weight. It will give you an eating plan to lose weight. It also has a link called "Get weight loss information." This is a good way to get started.

Another helpful site is the Center for Disease Control and Prevention (CDC) Center for Weight Loss: [http://www.cdc.gov/healthyweight/losing\\_weight/getting\\_started.html](http://www.cdc.gov/healthyweight/losing_weight/getting_started.html)

If you need further help and would like to join a support group, Weight Watchers® has been a well recognized program that is balanced and healthy to follow and gives you an individualized program and group to work with.

Losing weight, even if it is only 15-20 pounds, can significantly improve your health. Also work with your doctor as you make changes to your lifestyle and eating habits.

