



Momentum

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Readers Report on Exercise

Last issue we asked what you think about exercise. From running marathons to practicing tai chi, you showed us that exercise is always an “active” topic.

A whopping 94% of survey respondents said they exercise to improve their fitness. Other motivations included improving mental outlook (79%) and slowing down MS (66%). Less than half exercised to lose weight!

Over 70% lifted weights, making it the most popular form of exercise. Walking followed closely after at 63%. Aquatics scored a respectable 18%. Write-ins ranged from training on the elliptical machine to competitive figure skating. One reader said, “Walking my service dog all over ... rain or shine,” while another wrote “having fun belly dancing.”

Fatigue was overwhelmingly cited as the most common reason **not** to exercise. And

74% said the biggest challenge when exercising was not to get overtired or overheated.

Respondents found it easy to exercise when their routine made them feel good or they could see improvement. Having a special time to exercise also helped. More respondents exercised alone (40%) than with friends (33%), suggesting that the people who replied to this survey are a very self-motivated lot.

Congratulations!

80% said they found it easy to exercise when it made them feel good

60% cited fatigue as a reason not to exercise

32% modified their exercise to accommodate MS symptoms

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