

JUMPSTART® PROGRAM

Staying Active (and Cool) This Summer





**THANK
YOU!**

2021 JUMPSTART
PROGRAM SPONSORS



Genentech
Novartis Pharmaceuticals
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Our Plan For Today....

- Overview of key themes for today's discussion
- Introductions & Break-out room session
- Share with big group
- **Break**
- Break-out room discussion #1
- Share with big group
- Break-out room discussion #2
- Share with big group
- Large-group sharing and expert panel Q&A

Tech Support

Cari Fehler

P: 970-926-1284



Your JUMPSTART® Begins Here...



Tammy Roehrs, PT, MA, NCS
Physical Therapist



Stephanie Nolan, OTR/L
Occupational Therapist



Sam Benson, PT, DPT
Physical Therapist

Staying Active While Staying Safe

We are still in a pandemic...

- Recreation is safer when in smaller groups or with fully vaccinated people
- Continued mask recommendations
- Don't forget to check the CDC website for updates:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Research restrictions before traveling internationally; limitations are different everywhere.

Benefits of Staying Active!

- Emotional well-being
- Stress management
- Relationship building
- Physical health
- Socialization



Be Creative and Be Open!

- Many facilities and venues have special access, support, resources and DISCOUNTS.
- Modifications and adaptations can open many doors to keep you active.
- There are many adapted sports and recreation activities already out there!
- Online searches using terms such as:
 'adapted _____' or 'modified _____'
- Reach out to rehab centers, your healthcare team, support groups, scouts and other volunteer groups.

Stay Cool!

- Cool prior to exposure to heat
- Hydrate (cold water)
- Cooling devices (vests, neck wraps, wrist and ankle wraps, hats, bras, belts, etc.)
- Consider time of day/weather
- Frozen fruit for snack
- Clothing choices and layers
- Bring ice packs and coolers
- Personal fans and misting fans
- Plan the rout with shady spots



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Topics to Avoid in Groups and Chat

Sharing medication experiences is OK;
recommending medications or interventions to others is not.

Can Do MS endorses early treatment, but does not endorse any specific medications.

Get To Know Your Group

Today's Format:

- Same small breakout groups
- Remember to respect confidentiality
- Allow everyone the opportunity to share

Introduce Yourself

- First name
- Where from
- Years living with MS
- Person with MS or support partner
- **Use ONE WORD to describe how you feel about planning for a summer activity?**

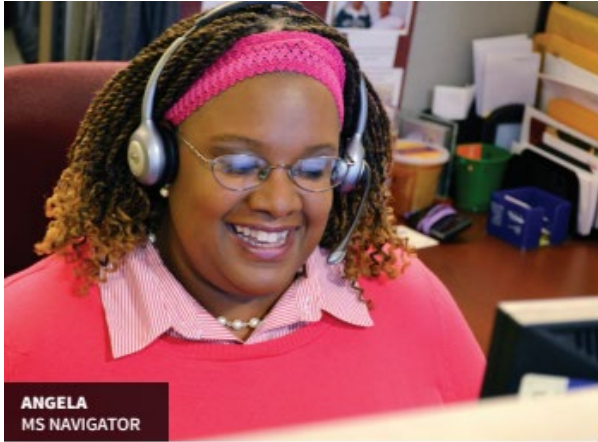
Have fun and enjoy one another!

Group Discussion #1

- **What events or activities are you looking forward to participating in this summer?**
- **What are you unsure about participating in this summer?**

Group Discussion #2

- **What are some adaptations, modifications, or strategies that have helped you stay active?**

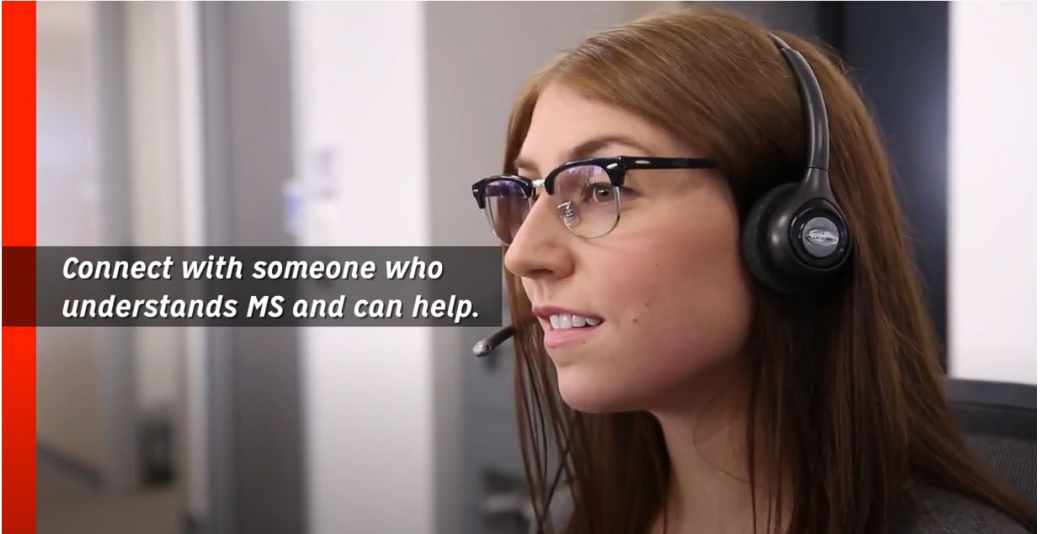


Connect
When and Where You
Need Us

The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



**National
Multiple Sclerosis
Society**



*Connect with someone who
understands MS and can help.*

JUNE PROGRAMS

JUMPSTART – June 17
Staying Active (and cool) this Summer

COACHING – June 22
*Recharge Your Motivation to Stay
Active*

