

# January 2020 Newsletter



## The Top Five Ways to Keep Your Body Healthy

### 5 tips for people with MS

Start the New Year right by resolving to break those unhealthy habits. Some can be challenging and require perseverance, but you may find the benefits are well worth it!

**1. Stop smoking (or don't start!) – [Smoking](#)**, even second-hand smoke, increases the risk of developing MS and also speeds up the rate of disease progression. The more cigarettes you smoke, the higher the risk.



**2. Healthy eating helps** – While no particular diet or food has been shown to prevent MS, there is [evidence](#) that eating healthy foods (those high in fiber and low in saturated fat), and avoiding the not-so healthy ones (processed foods, or those high in sugar and salt), may help you manage your MS.

**3. A little sweat is a good thing** – Exercise and MS should go hand-in-hand. Physical activity can actually [improve](#) MS symptoms! Exercise doesn't have to be rigorous to provide benefits. Movement in general is beneficial and can include a variety of things most people can do in the comfort of their home or community.



**4. Give up everything that weighs you down** – [Stress](#) can act as a trigger, making some MS symptoms worse. Researchers are still trying to determine how much and what type of stress could lead to flare ups, disease progression, or even cause MS. Learning to manage stress is an important part of taking care of yourself.

**5. Sleep tight** – [Poor sleep](#) is common in people with MS, and many find their symptoms are worsened as a result. Addressing the causes can improve energy levels and quality of life. Fortunately, there are many options to help in this regard, including both behavioral and pharmaceutical remedies.



Accelerated Cure Project – Click [here](#) for more information.