

In A Nutshell
August 2020
Tracking Exercise

A possible treatment approach for people with progressive MS may be lifestyle interventions, such as greater physical activity. Clinical research has shown that exercise promotes neuroregeneration, and improves heart and lung fitness, walking ability, muscular strength, endurance, cognition, and health-related quality of life.

With the wide availability of smartphones, specific applications (apps) can be used to track and capture physical activity data.

There is clinical evidence that someone who sets goals with a tracker will be more motivated to continue with a more active lifestyle.

<https://multiplesclerosisnewstoday.com/news-posts/2020/07/02/feasibility-of-a-smartphone-app-to-enhance-physical-activity-in-progressive-ms-a-pilot-randomized-controlled-pilot-trial-over-three-months/>

Just For Fun

I use a FitBit Inspire because it is water resistant and I can use it in the pool. It tracks steps, sleep, periods of exercise and several other health measures. I have United Health The Villages Medicare Advantage Plan. It's Renew Rewards option will capture information from the FitBit. If you meet the goal of 7,500 steps a day you will receive \$ credit. In just one month I have earned \$20. I think that is pretty good for someone who travels by wheelchair. I spend about an hour each day at the pool doing water aerobics and will accumulate about 5,000 steps. I will also spend about 30 minutes on a recumbent stationary bike for another 2,000 steps. In between those I will rack up steps by the motion of my arms pushing my wheelchair.

Will you give a tracker a try? Will you set some goals and watch as they keep you moving?

I encourage others to explore the possibility of buying an exercise tracker. If used each day and if you have United Health it could pay for itself in no time.

