

## Episode 6: Multiple Sclerosis and Exercise

### Resources

**MSforward  
Omaha, NE**

<https://www.msforward.org/>

**National MS Society: Exercise**

<https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Exercise>

**American Physical Therapy Association (APTA)  
Find a PT Tool**

<https://aptaapps.apta.org/APTAPTDirectory/FindAPTDirectory.aspx>

**Can Do MS Exercise Snacks**

<https://www.cando-ms.org/online-resources/simple-ms-exercise>

**Wellness Group: Keep Moving with Emily**

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/neurology/multiple-sclerosis/events>