

STAYING ACTIVE

Leisure activities and Sports



Staying active with sports and leisure activities also plays a part in healthy living and can help fill a gap if other activities such as working need to be adapted. Leisure or fun activities are important for everybody and for people with MS they can take your mind off your MS. Find activities that are achievable and fun and activities that are solitary and some that include family and friends. On occasion, take part in activities on the spur of the moment.

Leisure activities

Many leisure activities are available in the wider community and cater for many interests. Reading, gardening and cooking are recreational activities that keep you active, interested and promote your self esteem and wellbeing. Today there are adaptive technologies that can make these activities enjoyable even for people who are severely debilitated by MS symptoms, such as page turners, ebook readers, garden and kitchen tools with

special grips and a host of kitchen appliances.

If you don't know what is available in your local community, check your local council's website as nearly all list community activities and have local community directories. Some councils also provide community transport/buses that might help you if access is an issue.

Keep your mind active. Focus on anything that interests you – crosswords, Sudoku, reading, knitting or simply good conversations with friends. There are many computer based activities and games that are designed to keep your brain active.

Sports

Participating in sports can have a positive effect on your wellbeing and health. Some sports are performed in a different way with some adaptations or specific aids and with patience and a bit of courage, anyone should be able to

find a sport that fulfils your expectations. Some ideas are:

- Bowling – may aids are available and carpet bowls is an option
- Horse riding – specialised horse riding for even severe disability is available
- Wheelchair tennis
- Paralympics and Special

Olympics

- Cycling
- Swimming and water polo
- Cricket
- Football
- Shooting
- Table tennis
- Walking/running groups

If you are interested in more information:

The Society has more information sheets included in the Healthy Living Series as well as a Managing MS and Symptoms series.

Please see the website for more details.

References

Local Government – Councils

Website for all councils <http://www.lga.sa.gov.au/site/page.cfm>

YMCA

Recreation linkup <http://relinkup.ymca.org.au/>

INFO47 CS Healthy Living – Staying Active – Leisure Activities and Sports

Last Updated 28 March 2011

MS House, 110 Reservoir Road, MODBURY SA 5092

Phone 8396 0044

Fax: (08) 83 96 0184

Toll Free: 1800 812 311

Email ms@ms.asn.au

Website www.ms.asn.au