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Titolo	The life program for MS : lifestyle, independence, fitness, and energy / / [Susan J. Epstein]
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ISBN	0-19-045250-1 0-19-773699-8 1-282-05397-3 9786612053979 0-19-972493-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (176 p.)
Collana	Oxford scholarship online
Disciplina	616.8/34 616.834
Soggetti	Multiple sclerosis - Patients - Rehabilitation Multiple sclerosis - Exercise therapy Multiple sclerosis - Diet therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Statement of responsibility from half t.p.
Nota di contenuto	Contents; Foreword; Acknowledgments; Introduction; Part I: A Behavioral Approach to MS; 1 When Maintaining Energy Balance Becomes a Challenge; 2 The Wellness Model vs. the Disease Model; 3 Developing Health Behaviors Using a Psychological Model; Part II: Managing the Math of Calorie Balancing; 4 Keeping Track of the Numbers; 5 Calculating Food Calories Using the LIFE Sliding Scale System; 6 Calculating Physical Activity Calories Using the LIFE Sliding Scale System; Part III: Making Calories Count; 7 The Dangers of Running on Empty; 8 Avoiding Calorie Pitfalls 9 Fueling the Body with Quality CaloriesPart IV: Maximizing Energy Through a Mind-Body Approach; 10 Designing Energy Blocks to Balance Your Day; 11 Thinking about Yoga or Tai Chi?; 12 Maintaining Life Satisfaction; Appendix: Recording Logs
Sommario/riassunto	Due to some of the limitations imposed by MS, patients often become sedentary, gaining excess weight and developing poor eating and exercise habits. This is a user-friendly teaching tool that helps

sufferers to incorporate new behaviors into their daily routines, to live a healthier life and reduce the chances of secondary illnesses.
