

Movement & Exercise Citations

Lesser Known Benefits of Exercise

- **Exercise & Multiple Sclerosis**
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 - Genova H, Dacosta-Aguayo R, Goverover Y, Smith A, Bober C, DeLuca J. Effects of a Single Bout of Aquatic Exercise on Mood in Multiple Sclerosis: A Pilot Study. *Int J MS Care.* 2020;22(4):173-177. doi:10.7224/1537-2073.2018-079
- **Exercise & Blood Sugar Regulation**
 - Thyfault JP, Bergouignan A. Exercise and metabolic health: beyond skeletal muscle. *Diabetologia.* 2020;63(8):1464-1474. doi:10.1007/s00125-020-05177-6
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 - Dalton A, Mermier C, Zuhl M. Exercise influence on the microbiome-gut-brain axis. *Gut Microbes.* 2019;10(5):555-568. doi:10.1080/19490976.2018.1562268
- **Exercise & Mitochondrial Function**
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- **Exercise & Liver Function**
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- **Exercise Enhances Creativity**
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- **Benefits of Good Sleep & Regular Exercise**
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- **Exercise & Cardiovascular Health Benefits**
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- **Anti-inflammatory Affect of Exercise in Autoimmunity**
 - Sharif K, Watad A, Bragazzi NL, Lichtbroun M, Amital H, Shoenfeld Y. Physical activity and autoimmune diseases: Get moving and manage the disease. *Autoimmun Rev.* 2018;17(1):53-72. doi:10.1016/j.autrev.2017.11.010

Building a Better Exercise Routine

- **Department of Health and Human Services Recommendations PDF**
 - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

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Adaptive Exercise

- **Exercise and Multiple Sclerosis**

- Edwards T, Pilutti LA. The effect of exercise training in adults with multiple sclerosis with severe mobility disability: A systematic review and future research directions. *Mult Scler Relat Disord*. 2017;16:31-39. doi:10.1016/j.msard.2017.06.003

Exercise: Your Menu of Options

- **Effects of Exercise in MS Patients**

- Kerling A, Keweloh K, Tegtbur U, et al. Effects of a Short Physical Exercise Intervention on Patients with Multiple Sclerosis (MS). *Int J Mol Sci*. 2015;16(7):15761-15775. Published 2015 Jul 10. doi:10.3390/ijms160715761
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- **HIIT & Remyelination/Decreased Severity of Disease in Mice has Implications for MS**

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- **HIIT for MS**

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