

e-MS Experts' Summit Season 2020

Abstracts

“Keep Moving with Multiple Sclerosis”: Exercise and Lifestyle Physical Activity in MS during and after COVID-19.

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Up to 2.2 million people experiencing disability suffer collateral damage each day of COVID-19 lockdown in Europe. This will cause negative effects on our mental and physical health. Mental issues will be briefly discussed whilst exercise and lifestyle physical activity aspects will be discussed in more detail. From what we know based on the current research and expert opinion within this domain. The “Keep Moving with Multiple Sclerosis”-project in collaboration with EMSP will be presented and the underlying idea behind it will be explained. We hope this may lead to more and equal access to exercise and Lifestyle Physical Activity for people with ms across Europe.