

# New Exercise Timetable



From Monday 26 February 2024, the exercise timetable will be changing. This new timetable is designed to make best use of our resources, and also to ensure that it more effectively meets the needs of our members.

With the old timetable, we found that many members attended multiple classes each day and this is not ideal as it does not allow the body sufficient recovery time.

## Multiple Sclerosis

According to the MS Society, there are no clear guidelines on the type of activity that is most beneficial for people with MS. It is a good idea to incorporate both aerobic strength, balance and flexibility exercise into routines if possible. [{Link}](#)

Exercise should be 2-3 days per week, 10/40 minutes of moderate aerobic intensity, plus 2/3 days a week of resistance training.

Aerobic training and HIIT is effective and safe for increasing fitness and helping with fatigue. [{link}](#)

81% of studies show yoga to have a positive effect on fatigue for people with MS.

Up-to-date information on managing MS and exercise can be found on the UCHL NHS Trust website. [{link}](#)

## Parkinson's

Exercises such as walking, cycling, dancing, treadmill training, tai chi, yoga and some strength training are recommended as powerful tools for prevention and symptom improvement.

Besides, moderate to vigorous intensity, long duration and high frequency of exercises have better benefits. [{link}](#)

For patients with moderate to mild Parkinson's symptoms, short periods of high intensity resistance training may provide complementary therapy, and aerobic or resistance training of varying intensity and periodicity may be recommended.

Exercise should be done 3-5 days per week and include moderate aerobic intensity of between 20-30 minutes supplemented with 2-3 days of resistance training incorporating 1-3 sets of 8-12 reps. [{link}](#)

## Stroke

A combined exercise program comprising aerobic and resistance training should be done 3-5 days per week. This should include 10/40 minutes of moderate intensity aerobic exercise and 2-3 days a week of resistance exercise (1-3 sets 8-10 reps).

Resistance training is seen as most beneficial.

Exercise Programs Delivered According to Guidelines Improve Mobility in People With Stroke: A Systematic Review and Meta-analysis - ScienceDirect. [{link}](#)

To book your place on one of these classes, or to obtain the Zoom link, email [appointments@chilternsneurocentre.org](mailto:appointments@chilternsneurocentre.org)

[chilternsneurocentre.org](http://chilternsneurocentre.org)

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