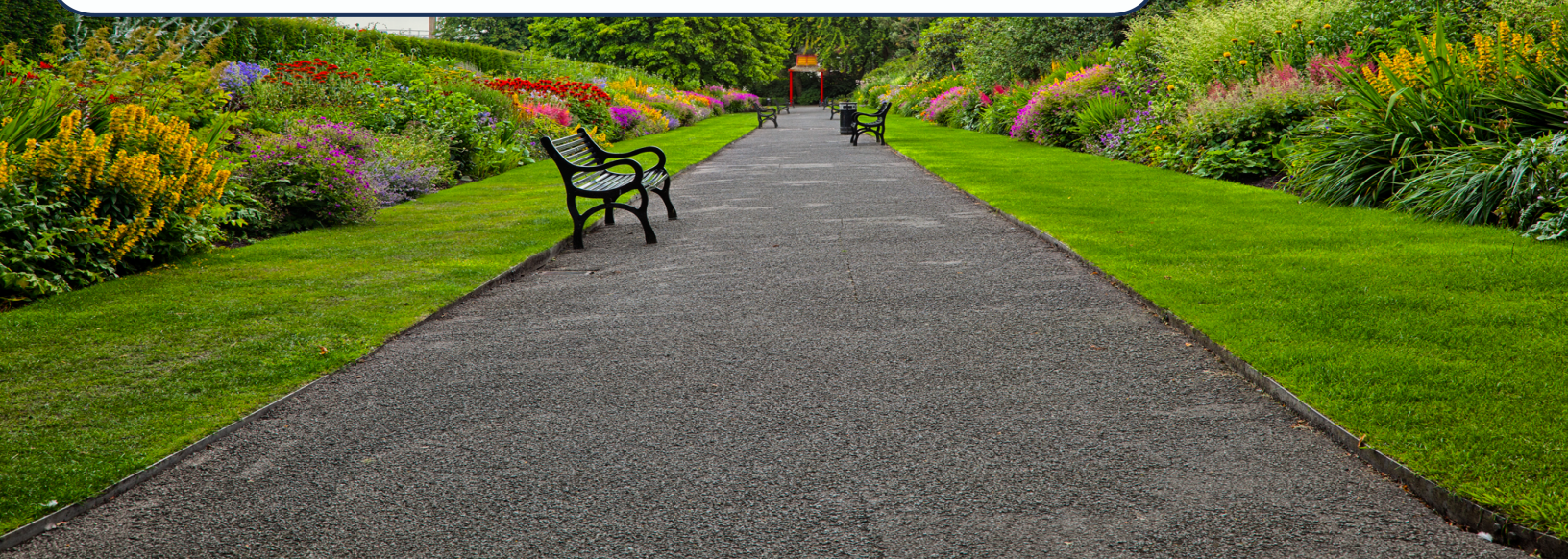


SIT LESS. MOVE MORE. MANAGE YOUR MS!



The Exercise Neuroscience Research Laboratory at the University of Illinois invites you to participate in a home-based study designed to help adults with MS become more physically active in their everyday lives.

How does it work?

This Internet-based program is a tool that teaches you techniques and provides ideas to use in your daily life. During this project you will have access to a special website and talk to a behavioral coach through Skype.

How long does it last?

This is a 6-month intervention. There are 3 testing sessions. These occur before and after the intervention, and 6 months after the intervention is finished.

Who is it for?

This program is for anyone with MS who wants to become more physically active. We want you to become and stay more physically active so you can experience the many benefits of your new, active lifestyle.

Contact Us

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EXERCISE
NEUROSCIENCE
RESEARCH
LABORATORY



BIPAMS
Behavioral Intervention
for Physical Activity in MS