

# Maximizing wellness this winter—and beyond



**Cyndi Zagieboylo,  
President & CEO**

## A note from the President & CEO

For many people, the new year is a time to rekindle commitments to healthy habits that may have become sidetracked, or to start practicing new ones. Getting regular exercise and better nutrition top the list for many people with multiple sclerosis, and for good reason.

We already know that exercise is important for physical, cognitive and emotional health, and that finding ways to enjoy yourself while you're moving can contribute powerfully to living a good life. And we're starting to learn more about the ways that healthy nutrition can help manage some of the symptoms of MS.

This issue of **Momentum** explores some of the latest dietary research, as well as ways that people with MS can remain or become active in the wintertime. If you have limited mobility, or just prefer to be indoors, there are many ways you can improve your fitness. I often use video workouts—especially for yoga. It works for my schedule and gives me time to clear my head. I know that whatever amount I can do is beneficial, and the most important thing is to make exercising a habit.

Starting just one new habit—adding five minutes of exercise or one healthy food choice to your day—can make a difference now and can lay the foundation for more changes to come.

During our recent outreach to develop our strategic plan, we heard from many of you that establishing and keeping healthy habits is important to you. We heard quite clearly that people want practical strategies to move their lives forward.

In addition, out of all the calls our MS Navigators receive, questions about nutrition, exercise, complementary therapies and other aspects of wellness are among the most common.

I am excited to share that we have launched an initiative to create a comprehensive wellness strategy. At our national conference in November, more than 60 clinicians, scientists, wellness service providers and people with MS provided perspective on research, programs and advocacy agendas to address real-life issues and questions about wellness.

As we move forward, I'm interested in your ideas about how the Society can support wellness and what wellness means to you. Please let me know your thoughts—I'm listening.

Cyndi Zagieboylo  
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Let me know your thoughts about the Society's future. Email me at [cyndi@nmss.org](mailto:cyndi@nmss.org).