

**THANK YOU
PARTNERS FOR
BELIEVING AND
SUPPORTING
OUR MISSION!**



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Exercise, once thought as counter to the treatment of multiple sclerosis, has proven a vastly effective therapy to combat the potentially damaging effects of the disease.

PowerForward is the online live streaming service of *MSforward* utilizing technology to allow web access to *MSforward's* structured fitness programs, educational seminars, special events, and selected monthly meetings all for a minimal fee. While this program is encouraged and available for anyone, our focus continues to be home-bound clients or rural communities when direct gym access is not available. *MSforward* is a prescription of exercise for all chronic illnesses, elderly, and underserved populations providing the continued benefits proven in each medical study mentioned below. Contact us at 402-330-6292 for more information or view www.powerforward.energy.

Our Studies

Study #1 - "Positive Impact of Weight Resistance Training in MS Patients Despite Varied Disability Levels"

- **Objective:** to monitor strength curve in MS Patients vs. General Public Data
- Completed in 2006 with 67 Participants over a six-month period
- Partnership with UNMC (Univ. of Nebr. Medical Center)
- Study Published in *International Journal of MS Care* (Summer, 2007)

Study #2 - "Exercise and MS"

- **Objective:** to Evaluate the Emotional and Psychological Benefits of Exercise in MS Patients
- Completed in 2008 with 43 Participants. Results were significant
- Partnership with Washington University – St. Louis

Study #3 - "Impact of Exercise on Improving Gait and Balance"

- **Objective:** to evaluate the impact of a strength, cardio, and balance program on gait
- Completed in 2009 with 63 participants over six-months
- Partnership with the UNMC and Univ. Nebr. Omaha-Biomechanics Lab
- June 4, 2011, at the International Consortium of MS Centers (CMSC), Mary Filipi, ARNP, Ph.D. and first author, was awarded the Robert M. Herndon Award for the 2010 outstanding article in the *International Journal of MS Care*

WWW.POWERFORWARD.ENERGY

www.POWERFORWARD.ENERGY steps for more information:

1. Search for 'powerforward.energy' in the search bar of your web browser.
2. Find the search result showing: powerforward.energy: a prescription of exercise for adults diagnosed with a chronic illness
3. The home page will display a blue banner at top with a marquee of pictures below banner.
4. Have fun, work hard, and we'd love to hear your feedback at powerforward8802@gmail.com!

LIFELONG BENEFITS OF EXERCISE

- Improves Overall Quality of Life
- Improves Heart and Muscle Function
- Improves Bone Density
- Improves Joint Mobility
- Assists in Weight Control
- Prevents / Minimizes Effects of a Fall
- Speeds Recovery Time During / After an Exacerbation
- Helps Bowel and Bladder Control
- More than the "Physical"