

# empower your well-being checklist

## Multiple Sclerosis

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit into your daily life. To use, simply check off the tips that you complete each day. Set a goal for how many you can complete!

Note	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Vary your fruits and vegetables: Try to eat 5 cups of colorful fruits and vegetables daily							
Include high-fiber foods daily: Choose fruits, vegetables, whole grains, nuts, and seeds. Recommendations: Men = 38g/day; Women = 25g/day							
Choose the right fats: Aim for healthy fats, like the kind found in olive oil, salmon, and nuts							
Add a lean protein food to every meal: chicken, fish, beans, and low-fat dairy							
Meet your calcium needs: Choose 3 calcium-rich foods daily (milk, cheese, yogurt, calcium-fortified foods)							
Take a daily dose of vitamin D: Talk to your doctor or pharmacist about the amount that's right for you							
Use the food and symptom tracker journal: Avoid foods that may trigger MS symptoms							
Cook with spices that may lower inflammation: Look for turmeric, cinnamon, and ginger							
Build regularly scheduled water breaks into your day							
Eat frequent meals and snacks throughout the day to keep energy levels up							
Movement: Try to get in at least 30 minutes of physical activity							
Take stretching breaks throughout the day to help muscles relax							
Work to manage your stress level: Try yoga, meditation, journaling, or another relaxing activity							
Do something that makes you laugh: Watch a YouTube video clip, comedy movie, or read a joke							
Sleep: Aim for at least 7-9 hours of sleep each night							
Medications: Take your medications as prescribed							
Connect with others: Join an online or local support group							