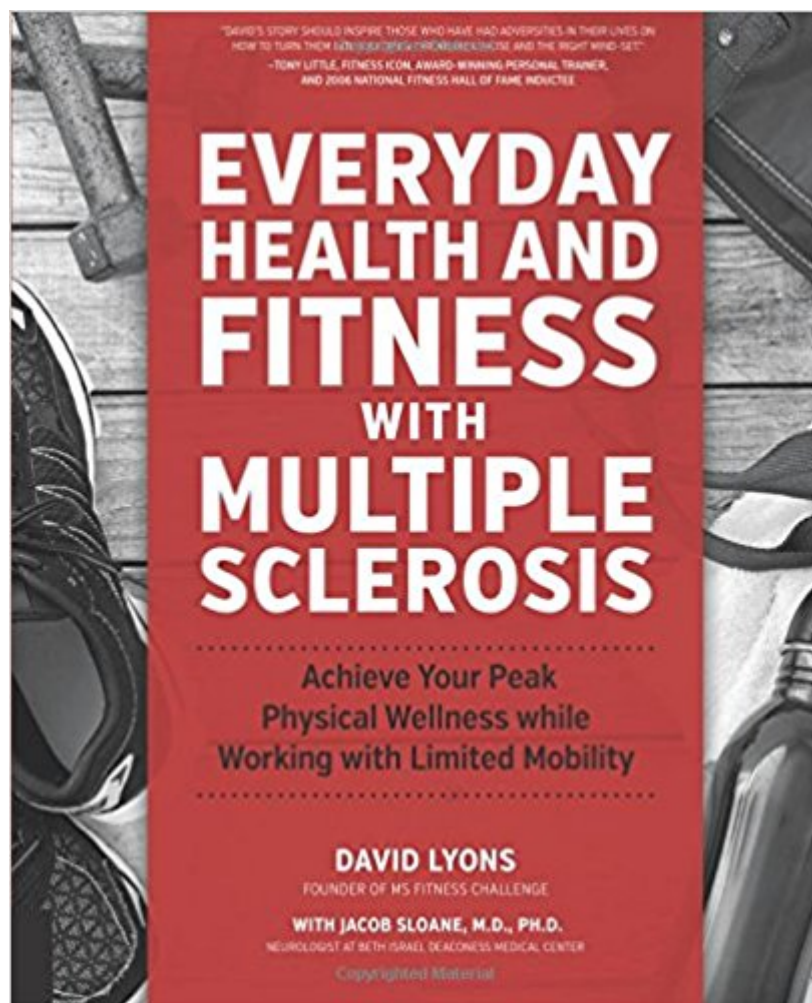




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# Everyday Health And Fitness With Multiple Sclerosis: Achieve Your Peak Physical Wellness While Working With Limited Mobility



## Synopsis

Achieve real gains and remove obstacles in your path to fitness with Everyday Health and Fitness with Multiple Sclerosis. David Lyons's program is designed to help you maintain a healthy lifestyle and includes anecdotes from real people with MS, their limitations and how they followed this plan to reach their fitness goals. The customizable, high-intensity, calorie-burning workout builds lean muscle mass. Find advice and solutions for overcoming mental hurdles, nutrition fundamentals to properly fuel workouts, easily adaptable exercises, and motivation. Everyday Health and Fitness is a road map for every person who wants to conquer a disease or disability, and just get moving.

## Book Information

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## Customer Reviews

David Lyons was a healthy bodybuilder and gym owner when he was diagnosed with multiple sclerosis in 2006 at the age of 47. The doctors told him he would rapidly decline and require a wheelchair. Instead David battled the disease in the gym and challenged himself by competing in an NPC bodybuilding competition. David and his wife Kendra then founded the MS Fitness Challenge, which provides certified fitness professionals to people with MS nationwide for 12 weeks at no cost as well as a gym membership, in an effort to educate and train them in the benefits of exercise and nutrition. He and Kendra have also launched their own gym, the OptimalBody Personal Fitness facility in Murrieta, CA. With American Fitness Professionals & Associates (AFPA), David developed the MS Fitness & Wellness Specialist certification, and he currently writes for EverydayHealth.com.

David is the recipient of the Most Inspirational Award at the 2009 Florida State Bodybuilding Championship at 50 years old, the National MS Society Milestone Award, the Health Advocate Achievement Award (alongside Lou Ferrigno), the Health Advocate Lifetime Achievement Award (presented by Arnold Schwarzenegger), and the Lifetime Fitness Inspiration Award from the Global Bodybuilding Organization. Jacob Sloane, M.D., Ph.D. is a neurologist at the Multiple Sclerosis clinic at Beth Israel Deaconess Medical Center in Boston, working to enhance the high level care of Multiple Sclerosis patients at this institution and to conduct Multiple Sclerosis related research. He is a graduate of Harvard University and Boston University Medical School. His PhD in pathology was performed in Carmela Abraham's laboratory at Boston University. He completed an internship at Beth Israel Deaconess Medical Center and a Neurology residency at Massachusetts General Hospital and Brigham & Women's Hospital. He started his own laboratory in 2009. Daymond John is the founder of FUBU, Presidential Ambassador of Global Entrepreneurship, and co-star of ABC's Shark Tank. He is a celebrated pioneer in the fashion industry, branding guru, and highly sought after motivational speaker. John has two best-selling books, Display of Power and The Brand Within, and a third book, The Power of Broke, released in 2016.

As someone who lives with MS I found this book to be helpful as well as inspiring. Mr. Lyons does a wonderful job of sharing his personal journey with the disease from diagnosis to living strong everyday despite the limitations MS can bring. He provides encouragement as well as practical exercise tips to help you live your best life with this unpredictable disease. I highly recommend this book.

Great resource! Detailed information and beautiful photos to help you learn the recommended fitness options. Clear, concise writing with useful content.

Wow what a great book! David writes with a unique perspective, offering practical steps to take for a healthier lifestyle. It's amazing to see how his character and perseverance comes out in his words. This is a must read for anyone!

When you don't know where to start, buy this book! This book has been the perfect road map on my journey to health and wellness with MS. The advice, encouragement, and real life examples of a warrior make this book incredible!

I am a longtime supporter of David Lyons and his Ms Fitness Challenge charity. This man is a leader in the strength and fitness industry. He has consistently shown what leading a healthy lifestyle can achieve. Even facing a disease like multiple sclerosis he still crushes it every day in the gym! I just ordered this and cannot wait for it to come! I'll be making a trip to Los Angeles to check out his new gym. I know it's going to be just as great as he is! This is a book for everybody to learn tips and tricks on how to live the best life you can. Goldy Locks

This is a beautiful and practical book for anyone facing a physical health challenge, not just MS. David Lyons is an inspiration. He was determined to live well despite a devastating diagnosis, and motivated himself to persist with his fitness goals, despite temporarily worsening symptoms. He demonstrates courage in recounting how he felt the fear and did it anyway, and he humbly admits how deviating from his trainer's advice cost him a major setback. In the face of these challenges, David still reached his goal of competing in a bodybuilding championship, which was prize enough! A majority of the book offers pages of guided exercises, complete with photos depicting correct form. Also love the addition of "Doctor's Notes" that highlight how to avoid harm.

I have friends and family who don't have MS but have other physical ailments that impede normal movement (Grandma needs a hip replacement, friend has fibromyalgia, other friend has a chronic bad back) and I would totally buy this for any of them. What I really like about this book is that it makes allowances for slip-ups, failures and compromises. A lot of fitness books are too pushy, or assume that if you don't do everything exactly right, that you're just "not working hard enough". This book is gentle, but firm in its approach that you definitely do need to work hard, but it makes plenty of allowances for people who struggle. The pictures and visual aids are super helpful, and I applaud David Lyon's personal struggle that he shares with you throughout the book. Inspiration, workout and self-help all in one!

This book is great, David Lyons is very inspiring and great all around person. A must read, both of his books top notch.

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