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“IT’S YOUR CHOICE - EXERCISES FOR FITNESS & WELL-BEING FOR INDIVIDUALS WITH MULTIPLE SCLEROSIS”

“It’s Your Choice” is an exercise DVD developed by physiotherapists at Toronto Rehab, specifically designed to address the needs of individuals with MS.

The DVD includes several routines of different durations, levels of difficulty and types of exercise to challenge all aspects of fitness. Participants can select amongst the options to suit their level of ability, energy and time available.

This exercise DVD would be a great resource for people with MS or professionals working with individuals with MS. If you would like to purchase a copy of this DVD, please fill out the order form below.

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Exercise DVD: “It’s Your Choice: Exercises for fitness & well-being for individuals with Multiple Sclerosis”

Please allow 4 to 6 weeks for delivery.

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MS Service Coordinator
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