



**ActiveMSers** is a not-for-profit website designed to help, motivate, and inspire those with multiple sclerosis to stay as active as possible—physically, intellectually, and socially—regardless of physical limitations.

> **Unbiased reviews and tests of gear**

[ActiveMSers has reviewed and tested MS aids including cooling vests, trekking poles, sun-protective umbrellas, walking sticks, medication coolers, clothing, and more so you can get the best value for your investment.]

> **Expert advice on exercises/fitness**

[With input from physical therapists and MS experts, ActiveMSers will show you how to fight dropfoot, reduce spasticity, lessen fatigue, maximize mobility, and boost brain power through exercise and stretching.]

> **100's of helpful tips and tricks**

[You'll find hundreds of tips about living with multiple sclerosis, from how to best deal with heat to coping with fatigue to traveling the world. Get motivated by compelling stories from fellow MSers dealing with the disease.]

> **Forum, blog, and free newsletter**

[You are not alone in this fight. Connect with fellow MSers for advice and tips through our interactive web forum. Learn about how to deal with MS symptoms, how to stay active, and how to give yourself shots at our active blog. Sign up for our free e-newsletter.]

**“Best site I have found! Loads of tips.”**

**“Helpful, realistic, inspiring—yet chock-full of humor.”**

**“So upbeat and hopeful.”**

**“A bright spot.”**

**“Helped me deal with my MS.”**

**“A great resource and inspiration.”**

**“Helpful to the newly diagnosed.”**

**[www.ActiveMSers.org](http://www.ActiveMSers.org)**

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