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web ms und sport sport und bewegung sind gut für körper und seele das gilt auch für menschen mit multiple sklerose wer regelmäßig in bewegung ist bringt sein herz kreislauf system in schwingung reduziert überflüssiges körperfett senkt den cholesterinspiegel und beugt depressionen vor
mit multiple sklerose in bewegung bleiben

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web erfahren sie wie sie mit multipler sklerose ms aktiv

bleiben und ihre bewegungsfreiheit erhalten können
entdecken sie die vielfältigen möglichkeiten von
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inspirierenden geschichten Übungen und tipps für ein
aktives leben mit ms begeistern

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web lange zeit hieß es ms und sport würden sich nicht
vertragen diese sichtweise gilt mittlerweile als widerlegt
heute ist die gesundheitsfördernde wirkung von sport auch
bei multipler sklerose unumstritten bewegungsübungen
können bei der behandlung von ms sogar wichtige
therapiebausteine sein