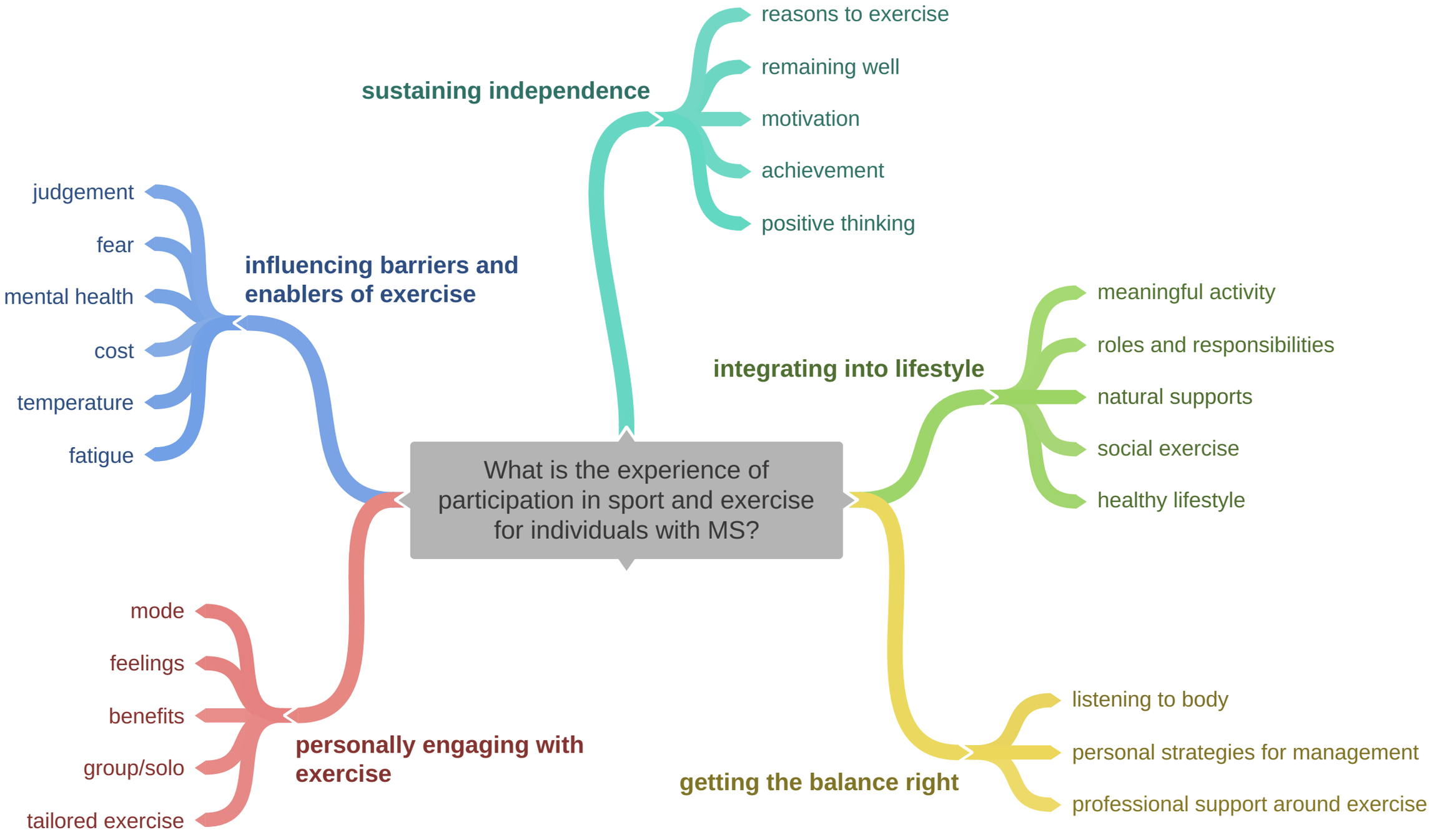
What is the experience of participation in sport and exercise for individuals with MS?
sustaining independence
reasons to exercise
remaining well
motivation
achievement
positive thinking
influencing barriers and enablers of exercise
judgement
fear
mental health
cost
temperature
fatigue
integrating into lifestyle
meaningful activity
roles and responsibilities
natural supports
social exercise
healthy lifestyle
personally engaging with exercise
mode
feelings
benefits
group/solo
tailored exercise
getting the balance right
listening to body
personal strategies for management
professional support around exercise