

"Inspiration for more exercise" Interview with Daniela Möller



About the author:

Daniela Möller is a qualified special needs teacher and is currently training to become a city guide in Hamburg.

She is 47 years old and has had MS for 25 years – initially with relapses, now progressive.

playfit® : How did the MS first manifest itself?

DM: Before I fell ill, I did a lot of sport. Then I started falling over more and more often. After my diagnosis, I needed physiotherapy regularly. I started out using forearm crutches, then a rollator, and for the last 18 years I've been in a wheelchair.

playfit® : How did you cope with this life-changing situation as an adult?

DM: At first, I carried on as normal. I felt sad, which is an important emotion. After a period of sadness, I asked myself whether that could really be all there was to my life. Then I moved to Hamburg and set off exploring new routes every day in my wheelchair. My curiosity about life saved me!

My mind became increasingly colourful and cheerful. My zest for life grew ever stronger. Today I call myself "Daniela Düsewind", constantly setting myself new challenges, trying out new things, always on the move and in contact with other people and cultures. All over the world! Movement sets you free and makes you happy. I've done it. So can others. At some point, I had to switch from a walker to a wheelchair, and I actually felt more mobile and sportier as a result. I have grip rings on my wheelchair that assist with residual strength, which help me get about easily.



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Since I've been living in Hamburg, I've been actively looking into wheelchair sports. I started wheelchair fencing and became German runner-up in épée in 2022 and German runner-up in sabre in 2023.

I'm always on the lookout for something new. Through a club, I was able to ride the waves lying down in Portugal and experience kitesurfing in a seated position in Egypt. I'm also involved in inclusive sailing. I really enjoy doing sport with other people. Because exercise is good for both the body and the mind.



playfit® : These are, of course, very unusual activities and probably not something every wheelchair user can imagine or manage. What else would you recommend for everyday life?

DM: My main focus has always been on being active and keeping active. As I said, exercise is good for you and I can strongly recommend it to every wheelchair user – exercise, exercise and more exercise!
(Not just wheelchair users, of course! – Ed.)

playfit® : How did you come to use our playfit® equipment?

DM: Well, it was more by chance. I spotted these cool stainless-steel pieces of kit in a park from a distance and wanted to try them out straight away, especially as there were one or two pieces of kit that wheelchair users could use. I quickly got chatting to other people there, and it was a really nice encounter. It was great fun.

I often use the playfit app (*playfit® locations app – Ed.*) to see which equipment is available at which locations. Exercising in the fresh air does me a world of good.

The trip to the individual Playfit locations is a form of exercise in itself and motivates me to get more active!

I'm happy to be an ambassador for playfit® , because exercise is good for everyone.

playfit®: Thank you so much for the chat, Daniela, and we hope you continue to have a great time on your travels. We're really looking forward to working with you: your courage and zest for exercise should be an inspiration to us all!

Editor: If you're at a playfit® location, please feel free to send us photos. We'd love to see your sports photos.