

## ***Abstract***

**Title:** Lifestyle changes to lifestyle modification for people with multiple sclerosis

**Aim:** Designing a program that affects lifestyle, fitness and physiological parameters in subjects of different age and different sex of people who have a diagnosis of multiple sclerosis (MS).

**Method:** A literary review to make a summary of knowledge on MS and use of physical activities as opportunities to influence the overall lifestyle of people with MS.

**Results:** The result is an overview of the programs and its evaluation – changes in physiological parameters, condition and subjective feelings. We found that when respecting the state of health programs may be implemented in the long term.

**Conclusion:** The success of interventions depends on collaboration, time availability, but also the respecting of the designed programs of people involved. At the same time, however, assumes that an active lifestyle affects the mental aspect of individuals and their subjective feelings.

**Keywords:** Multiple sclerosis, physical condition, subjective feelings, body fat percentage, body water percentage, body weight, muscle dysbalance