



Final element in the 'What is fitness' mini-series: health-related fitness

Hello again and welcome!

Welcome to my new subscribers...and hello again to my existing supporters. Thank you for signing up to receive my blog; I hope you find this week's content interesting and feel it was worth subscribing to.

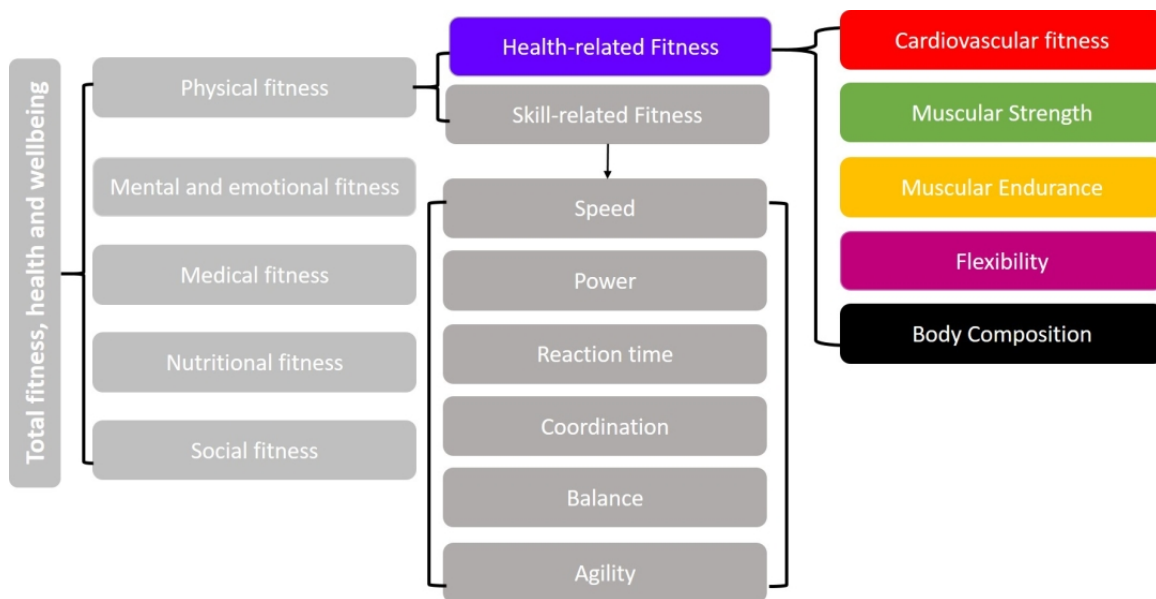
Diana xx



Hi everyone, apologies for the delay in posting this final part of the 'What is fitness?' mini-series we started at the end of last year; Christmas rather got in the way as did wondering whether this content is relevant and useful... but it provides a nice summary/refresh of many of the topics I've included within the blogs so far; do let me know. Useful, not-useful, boring?

These 'health-related' elements of fitness sit alongside the 'skills-related' elements we discussed in the last blog and together form two separate groups which combine to formulate 'physical fitness'. The chart below shows how all the different aspects of fitness fit together within the broad umbrella term of 'total fitness'. It occurred to me when writing this blog, that in terms of this definition of fitness we could arguably use the terms 'fitness' and 'wellness' interchangeably; food for thought.

Health-related components of fitness



The 5 'health'- related components in detail

As well as being a summary post this is really combining many of the topics we have already covered within the earlier posts last year; rather than re-write the same thoughts in a different way I'll link to each of the previous posts so you can see where it all fits together (and hopefully read them again!). The posts in themselves were quite long, more than I can reasonably include again below without turning this into a book! If you remember, each previous post addressed the specific component of fitness, benefits to the general population, specific benefits to us with MS and also examples of the sorts of activities which can be included: do revisit them.

It is frustrating to talk about specific aspects of exercise and not show demonstrations or describe examples of specific exercises in detail. I've said this before but the essence of personal training is just that - 'personal'; without knowing you and your abilities personally and asking you to fill out all the necessary screening forms, It's not ethical - or safe - to recommend specific activities or programmes, especially when we are dealing with the additional complication of MS. As always it's best to consult personally with a physiotherapist or PT to give you an individualised plan of action.

Click the individual blocks to visit the relevant post...

[Cardiovascular fitness](#)

Muscular Strength

Muscular Endurance

Flexibility

Body Composition



Alternatively...

All these posts are available in PDF format [HERE](#)

Whilst I'm conscious that this trio of posts might look like a 'copy-and-paste' exercise from a textbook (it's not - the commentary is mine!); I felt it was really good to be able to collectively see the all components which make up overall fitness ('well-being') and begin to understand the ways in which we can develop and manipulate these to improve specific symptoms, and begin to use 'fitness' as one of our self-care techniques.

'Fitness' is only one aspect of helping to manage our condition but the components within the diagram above can begin to provide a framework for identifying areas of 'weakness' and a focus and techniques (within the individual posts) to work on to improve these. Encouragingly, 'fitness' is something we can use to take back some control; especially if you're a control-freak like me!

As always, the last word from me...

Do let me know if you have found this post helpful. Send me an [email](#); join me on Twitter (@healthylifems) or send me a message through the contact page on the website, I'd love to know what you think.

Diana xx



A note on future posts...

A quick note to let you know that the posts will move to fortnightly from now on; there's not always as much relevant 'new news' to talk about on such a frequent basis so let's see how we get on every fortnight instead. Do follow me on twitter if you don't already, I post smaller snippets of interesting thoughts there too: @healthylifems.

References:

Active IQ (2016) 'Principles of exercise, fitness and health' in *Fitness Instruction: (gym)*. London: Active IQ

Individual posts linked detail their own specific references



Thank you for reading :)

Diana xx

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