

Summary

The diploma thesis deals with the issue of a healthy lifestyle and nutrition in connection with the prevention of civilization diseases. It describes the causes of these diseases, the risks and possibilities of prevention. It also draws attention to the principles of correct eating habits, the pitfalls of various diets, the consequences of overeating, the danger of overweight and obesity, the negative influence of stress on our health, and ways and principles of healthy weight reduction. It summarizes advices and recommendations of professionals for optimal composition of our diet, a change of lifestyle, and the significance of correct breathing, relaxation, exercise, positive thinking and sleep for health. The practical part contains a description of the case of a woman suffering from overweight and health problems, and an analysis of the causes and manifestations of an unhealthy lifestyle and diet. It provides steps for resolving the situation and a proposal of suitable therapy for reducing stress recommended by an expert. The work further describes a course of treatment and a risk assessment, and also proposes appropriate measures for maintaining an optimal weight in the future, including recommendations of a suitable diet. The thesis points out the problem of growing of overweight and obesity, and the danger of occurrences of civilization diseases among the current population as a very topical issue, as well as the need of necessity of wider public awareness and prevention.