

Annotation

This Bachelor degree thesis dissertates on a style of life of an elderly generation of population. The theoretical part briefly deals with physical processes and mental changes typical for seniors period of life. It detailed the specifications of a physical training, nourishment and an influence of a human psyche to health.

The empirical part concentrates on an exercising, scholarship, awareness of a computer technology and a general view of a contemporary life of seniors. The surveyed sample of people is formed of a part of random- questioned seniors older than sixty years, living in eastern Bohemia.