

Abstract

Children's obesity is a global issue. Overweight is associated with many health complications and social inconveniences. The theoretical part is devoted to the general causes of obesity development, complications associated with obesity and treatment of obesity. Physical activity, children's and adolescent's eating habits are discussed in the following chapter. Short parts are devoted to describing the characteristics of adolescents period and modern technologies.

The group consisted of 11 adolescents aged from 11 to 18 years. The adolescents were observed for two months. During this period, adolescents recorded physical activity, number of steps, number of hours spent with technologies (mobile phones, computers, tablets, laptops). Each of them also wrote down their eating habits. All eating habits diets were provided evaluated and compared with recommendations. Adolescents were measured twice on a bioimpedance device, their body compositions were determined and evaluated based on their measuring.

Research proved that each respondent has shown a change in body composition (ratio between muscle and fat), which did not always show a decrease in total body weight. For adolescents, motivation was caused by borrowed pedometers.

But not even thanks to this modern technology, adolescents were not able to accomplish the recommended number of steps per day. Adolescents devoted more time to modern technologies, mostly mobile phones, than they originally said in the interview, and more than the maximum time spent with modern technologies. Adolescent's eating also did not comply correspond with the recommendations. According to records, adolescents did not consume recommended amount of energy per day (fats, carbohydrates, proteins). However, most adolescents gained weight during the study period.

Key words: children's obesity, adolescents, eating habits, physical activity, technologies