

ABSTRACT

Title: Intervention program XY and its effect in weight reduction

Objectives: The main aim of the master thesis was to find out the influence of a commercial intervention program XY containing nutritional recommendations on selected indicators of physical fitness and body composition

Methods: This thesis was implemented as a quasi-experimental study in which the results were evaluated by both quantitative and qualitative methods.

Results: We can evaluate the results in two groups, namely according to the results of body composition and the indicator of physical fitness. In addition to the long jump test, the mean values improved statistically significantly ($p < 0.05$) in all monitored variables. In general, the XY intervention program aimed at weight reduction can be evaluated positively.

Key words: obesity, body composition, unfittest (6-60)