

## **Abstract**

**Title:** Movement programs to affect overweight and obesity in children

**Objectives:** The aim of the work is to design an exercise programme to reduce the weight of overweight or obese children with varying current levels of exercise skills based on exercise history.

**Methods:** The information, data and knowledge of the chosen issues were sought by researching the scientific literature of Czech and foreign publications, I obtained further information by studying selected professional articles, from internet sources, the PubMed website and other available publications, according to identified keywords in the title and text - for example, children, obesity, exercise activities, skills, etc. The criteria also included the authors' expertise on the subject. Another inclusion criterion was obesity, prevention and movement of children, while the exclusionary criterion was adult obesity.

**Results:** On the basis of a literary research, I have prepared a proposal for an exercise program where physical skills have a clear influence on the implementation of physical activity. Program is prepared for mildly obese children falling in elementary school age, impaired posture, no medical complications, with basic exercise skills from school physical education and no regular exercise training. I set up an exercise a program to reduce the body weight of such child lasting twelve weeks according to the principles of exercise with these children. Appropriate exercises were selected first and from these a draft exercise programme was drawn up, which must be in a playful form, for example interspersed with competitions and customized exercises, to entertain the child, adapt fitness and meet the conditions for

exercising with obese children. Exercise duration was selected for 30-60 minutes with exercise 5 times per week with a change of exercises in each week.

**Keywords:** overweight, exercise activities, exercise program, weight reduction, obesity prevention