

The Czech Republic is a leader in the prevalence of obesity in Europe. The cases of obesity are increasing by 10 to 40% every ten years. In the cases of children, for the last 10-25 years, obesity has increased by nearly three times. More and more children are obese mainly because of a lack of physical activity. Statistically it is proven that every fifth child is overweight between the ages of six and twelve. Ten percent of that number is overweight, while the remaining ten percent is actually obese. This thesis reflects on the contemporary state of obesity, eating habits and the spending of free time at chosen elementary schools in Prague. In the sample of pupils in the fifth grade, there were proven predispositions to reflect an imbalance between the input and output of energy. However, this imbalance is connected with bad eating habits and the passive spending of free time. A suggested project should interfere with the behaviour of pupils and lead to a change of lifestyle.

KEY WORDS:

Children's obesity, body mass index (BMI), eating habits, physical activity