

## **Abstract**

The thesis of this work looks at sedentary job – using the example of bank advisers, their eating habits and physical activity - and possible health risks resulting from the sedentary lifestyle.

Objective: To recognise eating habits of the bank advisers in ČSOB a.s., the degree of their physical activity and possible health risk evaluation.

Research method: The research took place in the ČSOB a.s. branch network in the form of a survey, in which a questionnaire was distributed to bankers either in person or by e-mail. The sample consisted of 66 bankers, 40 of them were women and 26 men.

Result: 56% of bankers surveyed are overweight or even obese, taking their BMI into consideration, 73% have gained weight after becoming bankers. 79% eat mainly at restaurants during their workdays, 24% have inadequate water consumption, 9% mention sugary drinks as their main source of water, 26% consume alcohol in higher than recommended amounts, 12% do not occupy themselves with any physical activity.

The result has confirmed that sedentary jobs contribute significantly to weight gain and that bankers are among the groups in risk of possible development of civilisation-related diseases.

Keywords: healthy nutrition, sedentary lifestyle, obesity, cardiovascular diseases, physical activity