

## **ABSTRACT**

The bachelor thesis deals with education of a healthy lifestyle in preschool children. In the theoretical part, the concept of health is defined and the factors that could threaten it are summarized. Furthermore, general knowledge about a healthy lifestyle and its principles specific to the preschool period are briefly mentioned in the thesis as well. Attention is also given to the influence of the family environment, the kindergarten environment, their interaction with the child and to projects that can become a tool for health promotion in kindergartens. The aim of the practical part was to find out what parents' and teachers' attitudes towards healthy lifestyles are and whether they lead children to them. This was done through a questionnaire survey and semi-structured interviews. The results showed that both parents and kindergarten teachers lead children to a healthy lifestyle and in most cases try to live an active and healthy lifestyle themselves.

## **KEYWORDS**

Healthy lifestyle, health education, parents and kindergarten, kindergarten teacher, mental health, movement, balanced diet