

Name of diploma work: Movement programs for a body correction

Aim of work: Effectiveness discovery of movement program for a body correction which is organized by company focused on overweight regulation.

Method: Measurement of the physical parameters and questioning persons at the beginning of three months movement program and also at the end of it.

Results: Movement program attended by clients is very useful both in light of obesity correction and also in light of correction of psyche and self-confidence.

Key words: Movement program, obesity, overweight, physical parameters, fitness, oneself physical perception.