

Abstrakt

Titule: Active life style of soldiers of castle guard

Objectives: The aim of this work is to outline the lifestyle of soldiers of the Castle guard and compare it with the lifestyle of soldiers Honor guard.

Methods: To determine and compare the lifestyle of soldiers of the Castle Guard of Honour and the Army of the Czech Republic, I chose a method of quantitative data collection interview. Questioning was conducted through a structured questionnaire with optional answers, probands to be completed independently, on their lifestyle, physical activity, sport and health. After completion of structured questionnaires was analyzed and data were then processed results.

Results: The obtained results showed that the investigated group of soldiers of the Castle Guard is in compliance with the way a healthy lifestyle than a disciplined group of soldiers surveyed honor guards, but who spend more time on physical activities and sports. Castle Guard soldiers have less risk of health complications in comparison with the honor guard soldiers.

Key words: Castle guard, Honour guard,lifestyle, sports.