

The bachelor's thesis deals with diabetes mellitus type 1 and the opportunity of compensation by adequate physical activity, focusing on middle age and older patients, having suffered from diabetes for a long period of time. The thesis focuses on the different attributes of the burden, affecting the daily life of patients with diabetes. For better understanding and clarity of the issue, the work is divided into several chapters and sections dealing separately with the influence of physical activity and potential profits from regular, properly indicated motion for compensated patients. The thesis also describes involution changes occurring in the aging organism, which are always necessary to be taken into consideration when selecting a physical activity. The work is supplemented with pictures and graphs in the annex that enable a better show, and outline the issues. In my work, I not only try to show the positive influence of a wellchosen physical activity in patients with diabetes, but also highlight the potential risks and hazards coming from an improperly chosen therapy. Furthermore, I attempt to offer the chance to look at this type of therapy from several different perspectives. My aim is to show that a properly chosen physical therapy in individually selected range and performance should be much more part of a long-term rehabilitation plan, especially when one considers patients who are minimally physically limited and where there is a great likelihood of significantly improving their health status and adjusting the necessary amount of insulin thanks to active motion.