

The thesis seeks an answer to the question of whether increased physical activity may favorably affect high blood pressure (BP) in children and adolescents with overweight and obesity. The author presents an overview and analysis of important works of scientific literature on the relationship of BP and overweight and about the impact of physical activity on BP in school children with overweight and obesity. Recent findings demonstrate a significant correlation of BP with low physical activity and overweight among youth and ability of regular physical activity to reduce elevated BP in children and adolescents with overweight and obesity. Required range of physical activity is not clearly established, however, it should be greater than the habitual daily load and 60 min. of aerobic physical activity with intensity of 5 – 8 METs is recommended. Author refers to other positive aspects of regular physical activity, highlights the seriousness of the health effects of metabolic syndrome and considers the issue from the social point of view as well. In terms of prevention of overweight and elevated BP in children and adolescents by increased physical activity, the author would recommend above all to increase the number of obligatory regular hours of physical education in school children.