

## ABSTRACT

**Title of project:** Natural gyms in Prague 6 and their utility

**Aim of project:** Find out the attendance and general information of using natural gyms in freetime areas, which age group most often uses them, how do the sportsmen get there or how often do they do sports at Ladronka.

**Methods of project:** All necessary data was taken from questionnarie sheets, which contained both closed and open questions. The results were statistically elaborated by relative and absolute rates.

**Results:** 21 % of 233 questioned people confirmed using natural gyms. Thanks to these results we can say, that natural gyms are used.

**Key words:** Natural gym – activities for everybody – heathl area – outdoor activities – fitness trail