

Abstract

Title: Obesity and overweight – possibilities of influencing by exercise in adult men

Objective: Obesity and overweight are currently worldwide widespread disease, which have serious health, socioeconomic and psychological consequences. The main aim of this diploma thesis is to design, implement and verify appropriate exercise programs, whose purpose is the positive effect on individual components of body composition, aerobic capacity and overall quality of life of men, including their health.

Methods: The main diagnostic methods used in the case study were: bioimpedance analysis, spiroergometry, WHOQOL questionnaire and a complete health assessment.

Discussion and results: The results imply that unless in set case the established exercise program was followed, the significant positive changes in the indicators were observed. It has been shown that increase in volume of physical activity led to significant improvements in overall quality of life of men. As a main problem was failure to comply with established exercise program resulting primarily from workload of men.

Key words: Obesity, overweight, disease, physical activity, physical activity program.