

## **Abstract**

**Supervisor:** Prof. Ing. Václav Bunc, CSc.

**Title:** Obesity reduction by help of regime arrangement (movement and diet).

**Goals:** The main goal of my work is to analyze literature and specify the rules of weight reduction using physical activity and dietary measures.

**Methods:** Search of expert literature and texts, both in print and online.

**Results:** The decisive cause of obesity is disbalance between energy intake and expenditure. The most important factor influencing energy balance is physical activity and diet. The program must respect individual's current physical fitness and past exercise experience and must engage broad muscle groups. Intervention with physical activity must be consulted with obesity specialist if BMI is greater than 35 kg/m<sup>2</sup>.

**Keywords:** obesity, Body Mass Index, energy balance