

Annotation:

Theme of the Bachelor thesis is Healthy Lifestyle in Respect to Nutrition of Nurses. The theoretical part is about obesity, types of obesity, causes and consequences. I also mentioned the problem of anorexia nervosa and bulimia.

I wrote about healthy lifestyle, the general rules of eating and eating habits of nurses at work.

I examined the relationship of nurses and healthy life style, especially nutrition, in the practical part. The presented results have been found by quantitative research – questionnaires.

Key words:

Nurse, obesity, healthy life style, nutrition, the general rules of eating, BMI (Body Mass Index).