

Abstract

Bachelor thesis title: Influence of diet on the movement and influence of overweight and obesity in adult women

Purpose of bachelor thesis: The aim of our investigation will determine whether through diet and physical activity can be achieved in adult women with overweight and obesity reduced body weight. The main task will be to compare the eating and activity habits of adult women with overweight and obesity in adult women with normal weight and determine the possible influence of these habits to lose weight. The investigation is aimed at women aged 18 to 30 years. This work can also draw attention to eating and exercise habits, which may be insufficient.

Results of bachelor thesis: The aim of our investigation will determine whether through diet and physical activity can be achieved in adult women with overweight and obesity reduced body weight. The main task will be to compare the eating and activity habits of adult women with overweight and obesity in adult women with normal weight and determine the possible influence of these habits to lose weight. The investigation is aimed at women aged 18 to 30 years. This work would also draw attention to eating and exercise habits, which may be insufficient.

Method of bachelor thesis: To get all the data used was a questionnaire survey, which consisted of 17 questions and lasted for 5 weeks. Completing the questionnaire was entirely anonymous and it could be posted to the true answers.

Key words: Overweight and obesity, nutrition, diet, physical activity, eating habits