Abstract

**The name of this dissertation:** Physical movement as a prevention of chronic non-communicable diseases.

**The aim of this dissertation:** Searches on chronic non-infectious diseases and summary of current knowledge in the field of prevention.

**Method:** The method in this dissertation is to analyze the sources and compare its with the results of my survey. Thanks to survey questions I found out what is the proportion of active and sedentary lifestyle. I also ask whether they are familiar with preventive agents of chronic non-communicable diseases.

**Results:** I summarize knowledge about preventive agents with professional literature and compared with the results of the survey. I found out a fundamental problem in lack of awareness about lifestyle diseases. The survey showed that people who do more physical activites have lower BMI and therefore they prevent many diseases.

**Key words:** chronic non-communicable diseases, healthy lifestyle, prevention