

Abstract

- Title:** Utilization of physical activity to the influence of the health of top managerr
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- Objective:** Author of the diploma thesis *Utilization of physical activity to the influence of the health of top managers* deals with health issues stemming from the specific nature of the job of top managers. A key issue is the work related stress and its impact on the health of managers. The negative effects of stress and poor lifestyle are „lifestyle diseases“ such as diabetes, obesity, hypertension, ischemic heart disease, disorders of the musculoskeletal system, burnout syndrom and chronic fatigue syndrome. Appropriately chosen physical activity based on the temperament can reduce risk, mitigate health problems and prevent the development of disease in all the aforementioned cases. The research survey conducted for 6 months on a group of five top managers attending in Fitness Slavia showed that exercise programs individually prepared on the basis of temperament have a positive impact both on mental and physical health of top managers.
- Methods:** In this thesis these methods are used: measuring and testing, interviews, observation, study of specific literature and research.
- Results:** The results obtained should help formulate the basis of the next physical activity programs for top managers.
- Key words:** Sport, Health, Lifestyle Disease, Stress, Management, Top Manager, Temperament, Physical Activity.