

Abstract

Thesis title: Reduction of body weight and body composition based on diet and movement regime

Object of the thesis: Investigate whether it is possible by changing diet, adding the movement activities, to achieve weight loss and changes in body composition. The research was conducted on a sample of seven people who were selected only on the basis of his personal interest in this issue and who wanted to reach just a weight loss. The age range of this research group is 21 to 51 years.

Method of the thesis: To obtain the data was during the research measuring physical parameters used bioelectrical impedance analysis. Another fact was control detection of current diet and movement regime of examined persons. The research survey was conducted anonymously, nowhere does not appear the names of participating persons.

Results of the thesis: Our first task was to confirm that all probands achieve due to modified diet on the basis of model diet regime and participation on physical activities a reduction in body weight. Then it was followed by another task, which we should confirm that the proposed regime's treatment causes weight loss of 4 kg or more.

The first question on the basis of the results was confirmed in part only because the weight reduction achieved 5 out of 7 probands. Similarly, the second task can confirm in part only, because only three probands achieved of four kilogram or greater weight loss which we set.

Key words

Lifestyle – movement activity – feeding – bioelectrical impedance analyzer – bodily parameters