

ABSTRACT

The issue of obesity development with older children is still more and more up-to-date and that is why I focused on this topic in my bachelor's thesis which has both teoretical and practical part.

In the Czech republic there are more and more obese children and children with unhealthy life style and lack of movement. These factors lead to individual's physical functions deteriorations, as well as static and locomotive apparatus exerting and last but not least to their bad psychical state.

In this bachelor's thesis I will point out possible causes that lead to children's obesity. I will also deal with the effects of obesity and overweight on health and psyche of children with these chronic illnesses. Last but not least I will stress the prevention, e.g. sport activities - gymnastics.

In the practical part I will find out how the elementary school pupils in Smečno and Klobouky are doing in the the field of healthy lifestyle and if the face food intake disorders, obesity, etc. Using the method of questionnaire I will find out how they spend their free time and if they have ever tried weight-reduction diet. The most important section of the practical part is measuring of the fat composition in the pupils' bodies. Using the machine Bodystat 1500M I lent at school, I measured their body fat, weight and height. The results gained from measuring and survey will be thoroughly described.

Keywords

obesity, nutrition, overweight, gymnastics, water intake, height, sitting lifestyle, fat, water