

## **Abstract**

**Title:** Effect of healthy lifestyle on clients after spinal cord injury.

**Aims:** The aim of this thesis is to determine the effect of six-month intervention program focused on physical activity and change of eating habits on body composition in a selected group of people after spinal cord injury.

**Methods:** Thesis is empirical-theoretical work based on assessing the impact of interventions at research sample. This is quantitative study focusing on the impact of physical activity on body composition in people with spinal cord injuries. The results were analysed by program Microsoft Excel.

**Results:** We found the following changes: all probands reduced body weight and reduced body fat. There were slightly changes in fat free mass (50 % reduction, 50 % increases) and the average of values of total body water were decreased. The distribution of intracellular and extracellular fluid was nearly in ratio 1 : 1 and the basal metabolism was decreased at 75 % of probands.

**Conclusion:** When we changed the eating habits and physical activity in overweight people after spinal cord injury, we reduced their body fat and body weight after six-month intervention.

**Keywords:** physical activity, well-balanced diet, people with spinal cord injury