

## **Abstract**

**Title:** The quality of life of seniors in Prague with regard to walking

**Objectives:** The aim of this study is to determine whether the regular walk of Prague seniors affect their quality of life

**Methods:** In this work questionnaire methods, specifically the concept of Czech WHOQOL-OLD version with additional poll focused on the walk, were used. This questionnaire was applied to a sample of 148 elderly Prague residents who were divided into two halves called pedestrians and non-pedestrians. The task was to determine impact of walking in the lives of these respondents on their quality of life.

**Results:** Statistically significantly higher quality of life on 95% level of significance proved the people who regularly practiced walking. Difference in the quality of life of women and men in senior age has not been proved. Motion standard, whatever it was, the people demonstrably brought with them from the earlier period of their life.

**Keywords:** old age, senior, quality of life, walking