Title: Knowledges of an active lifestyle for elementary school students

The problem definition: Increase in overweight and obesity are increasingly increased concerns constantly greater number of people. And on this subject and lifestyle are also spoken more often. And even in primary schools, where this issue was addressed. In particular, children should develop habits for a healthy lifestyle that the number of overweight or obese decreased rather than increased.

The aim of the thesis: Determine the level of knowledge about the active life style for pupils of secondary school.

Method: The research will be conducted using questionnaires twenty questions, ascertaining the level of knowledge, active lifestyle. Surveys will be distributed to pupils of primary school. Results of survey questions will be evaluated in the form of a graph.

Results: The result will determine the level of knowledge of an active lifestyle, especially two primary factors - nutrition and physical activity. For nutrition is the main energy intake and total daily intake should be divided into 5-6 portions. Food must receive a full and balanced with enough energy for basic body function and perform other physical activities. Physical activity may harm the health of the individual and should ideally be carried out regularly at least three times a week, for a period of 30-60 minutes. A substantial part of the observed children below these values.

Key words: Overweight and obesity, active lifestyle, movement, nutrition