ABSTRACT:

This theses focuses on lifestyle of teachers at chosen primary and high schools. The thesis deals with issue of teacher’s lifestyle at primary and high schools in two parts. The first part focuses on the theory related with healthy and unhealthy lifestyle and the second one deals with the practice research. The theory focuses on these terms: the health, the determinants of health, the lifestyle, the moves-activity, the nourishment, the psychic hygiene and the lifestyle diseases. The practical part contains the research which is accomplished using questionnaire survey. The main target is getting information about teacher’s lifestyle at chosen schools It was fulfilled and we discovered the teachers at schools in Vlašim, Domažlice, Prague and Bělá nad Radbuzou are trying to live healthy, even though not all of them like this lifestyle. On the basis of these results was created a special lecture intended for the participants of our questionnaire survey.

KEY WORDS:

Lifestyle, diet, sport, obesity, teacher, diseases of affluence