

Abstract

Title: Reduction of body weight of adults.

Objectives: Aim of this thesis is to find out how many people have resorted to reduce their weight, for what reason and whether their attempts were successful.

Methods: In my thesis I questioned 246 randomly selected respondents. Questioning was done by the form of inquiry. Respondents were people who live around me and my family. The condition for completing the questionnaire was age of 18 years or older, and access to an internet connection. Survey form was distributed electronically.

Results: I found out that 38% of respondents aren't satisfied with their weight and therefore they usually decide to follow various forms of reducing modes. 82% of them follows different kinds of diets (reducing modes) multiple times. The reason for that is going back to regular diet habits and lack of exercise out of diet mode. 73% of respondents confirmed high activity during reducing modes, I consider that successful.

Keywords: Dietotherapy, active regiment, drinks regiment, the basic components of diet