

Abstract

The thesis is dealing with the effect of the three-month reduction program with physical activity on body composition and changes in body weight of each participant in the program. To reduce weight and reach health benefit means especially to reduce single components of body fat. The goal was to find out what changes in body composition and body weight have been done, analyze it and evaluate the success rate of this program.

The three month reduction programmes took place in a recondition centre VŠTJ Medicina Praha, o.s. The results of the research were compared and evaluated on the basis of input and output measuring by a bioimpedance device InBody. The evaluated components were: body weight, BMI, waistline, muscle mass, lean body mass, total body water and the amount of work-out hours in the recondition centre. Program duration was also considered.

From the total number of 60 participants (11 men and 49 women), 42 successfully finished the program (7 men and 35 women). Statistically significant differences have been found in the input and output of body weight, BMI, waistline and amount of body fat. Each mentioned parameter has been decreased. The other parameters have not been significantly changed.

The effectiveness of the three month reduction program is noticeable especially in increasing adherence and compliance in treatment of overweight and obesity through intensive effect on client. The more we cooperate with the client, the more we can have a positive influence and help him live a healthy lifestyle.

Keywords:

Weight loss, reduction program, physical activity, obesity, body composition