

## **Abstract**

In this thesis I will deal with people suffering from diabetes mellitus. I will focus on people who are engaged in or have experience with any physical activity, whether recreationally or competitively performed.

The primary objective is to determine the habits and practices before, during and after physical activity. Furthermore, the knowledge people affected by the disease itself. So I am going to record how these people with this disease are able to cope by themselves, and how they can regulate their illness. For example, how long they are engaged in physical activity, how often and when they control thyer blood sugar and the like.

To obtain information, use the method of surveys. Subsequently, each question will evaluate every particular. People for the poll I will search primarily on Internet forums for diabetics, sports clubs and diabetic clinics.

**Keywords:** Diabetes mellitus, physical activity, insulin, selfmonitoring

**Name:** Habits of people with diabetes mellitus

**Objective:** Map the habits of diabetics, their progress in physical activity and knowledge about the disease.