

## **Abstract**

Functional body condition of senior is important for preserving his independence, mobility and overall for his better quality of living. This paper tries to investigate influence of „classical“ fitness exercise and exercise with DNS components on the functional body condition of examined senior. This paper is also comparing, whether is one of the exercises more efficient. For this fitness program have attended 32 probands older 60 years (control group 17, DNS group 15). After physical examination of their functional body condition by The Senior Fitness Test Battery, they have attended 6 weeks training program (2 times a week, 60 minutes), followed by the control test. In this paper we found out statistically significant improvement in body condition in both groups and from the result implies, that both types of exercises are effective to improve body condition of seniors. However, between these groups, we were not able to prove any significant difference. Then we examined on the smaller group of probands (7 in each group) influence of these exercises programmes on improvement of static postural stability, measured by Balance Error Scoring System. In this test we did not prove any statistically significant difference between the control group and the DNS group neither. The main finding of this paper is, that group exercise with DNS components might be the way of improving body condition with similar results like the „classical“ group exercise and so it is the benefit for life quality of seniors.