ABSTRACT

In my bachelor thesis I'm looking little bit closer to one of the key problems of our ages, which in my opinion is the fact, that too many people spending their working days only by sitting a whole day in front of the computer.At the same time, they have almost unlimited access to food.

Both factors together might have significant affect to an unhealthy life style, which has a big influence to metabolic deseases develompment, so called "Lifestyle deseases".

In the first part of the thesis, I am describing nutrition itself. How the nutrition intake should look like. Data I used is focused on proteins, lipids, carbohydrates, vitamins or mineral substances intake.

In the second part, the major metabolic deseases are described, especially those associated to a wrong lifestyle behaviours and sedentary lifstyle.

The practical part of the thesis is based on a questionnaire survey. The main objective of this survey is to determine dietary and exercise habits of those employees, who spend the most of their working days sitting behind the office desk. The research shows, that majority of respondents care about a food they consume. The most of them trying to adjust their behaviour and shopping habits. Some of the respondents are not able to reach their goal, even though they’re interested to change. Possible solution might be the cooperation of those companies, where the majority of their employees working behind the desk, with nutritional therapist, who would help to prevent deseases related to a wrong nutritional habits.

keywords: nutrition, sedentary jobs, lifestyle diseases, metabolic syndrome, diabetes mellitus, obesity