

**Abstract:**

Target of this assignment is to compare the attitude of women to fitness movement activity in Czech Republic and Republic of Ireland. Information was gained by the questionnaire made before. The questionnaire was given away to women in both countries in one fitness centre each. It was filled in by women, which are visiting those fitness centres. It was given away to different categories of women – age and frequency of training. Questionnaire was divided to several parts. Every part is about different fields, which is related with fitness life style and movement activities. First part includes organisation information about life style of asked women. Second part includes exercising lessons. Which exercising lessons are preferred and mostly visited by women in both countries. Third part is about training in the gym. How women train and what do they prefer. Questionnaire is detecting information about additional movement activities of women from both countries. Last part includes nutrition and relaxation. Questions about nutrition field detect cyclical and approach of consuming asked in both countries. There is comparison of all the information gained at the end of the project by graph analysis and tables.

**Key words:** woman, movement activity, fitness life style, fitness centre, questionnaire.