

## **ABSTRACT**

The diploma thesis deals with a healthy lifestyle in the elderly. The main goal of the thesis is to determine the elderly's attitudes about physical activity and healthy eating. The results of the research show that the respondents are a very heterogeneous group and their attitudes towards healthy lifestyle are different. Respondents do not have bad habits due to uninformed, but probably because of lack of motivation.

The thesis is divided into two parts, theoretical and explorative one.

There are four chapters in the theoretical part. First, the old age and ageing are described. According to the relevant literature there are summarized the changes that are associated with this life stage. Attention is focused on the quality of life and the perception of satisfaction in old age. The work is a summary of important documents that deal with the quality of life and deserve improvement. The thesis summarizes the important documents that deal with the quality of life and improve it. The main pillars of a healthy lifestyle for each age category are proper physical activity and nutritionally balanced diet. In the case of seniors there are many factors that prevent the ideal state and which need to be improved. There is also the issue of motivation as a driving force of human behavior.

The results in the exploratory part are surveyed through questionnaires and semi-structured interviews. The research summarizes which main motives affect respondents and there are basic points for creating a community center for the elderly in Sušice.

## **KEYWORDS**

old age, aging, senior citizens, health, motivation