

## **Abstract**

A healthy lifestyle plays an important role in both keeping an optimal body weight as well as in the prevention of cardiovascular or metabolic diseases in adulthood. Therefore, it is highly important for children and adolescents to avoid negative aspects of their lifestyles and to be educated and supported in leading a healthy lifestyle in all its forms.

The theoretical part of this bachelor thesis defines the terms adolescent and obesity. It also lists all important aspects of a healthy lifestyle, including recommendations related to nutrition and physical activity. Risk factors that may be associated with increased body weight, such as genetic factors, inappropriate eating habits, a lack of exercise, an adverse family and social background, selected diseases and long-term medication, are further discussed. The most common obesity-related complications in children and adolescents are also presented. Additionally, percentile graphs of assessed anthropometric parameters for boys and girls are shown. Recommendations for a healthier lifestyle during adolescence are finally listed.

The goal of the practical part of the bachelor thesis was to ascertain what kind of lifestyle adolescents lead. Anonymous questionnaire research was carried out on 198 students (93 girls and 105 boys) in a private high school - Gymnázium Jaroslava Seiferta in Prague. They were asked about the composition of their diets, physical activity, family background and personal and family history. An important part of the research was an anthropometric measurement of all participants, i.e. body weight, body height, abdomen circumference and calculation of their body mass index (BMI). The findings of the anthropometric parameters were then possible to link with the data about adolescent's lifestyle factors.

The results have shown that the BMI of boys were above the average in all age categories but was not classified as overweight or obese. The average value of BMI in girls was around the 50<sup>th</sup> percentile. The eating habits of participants demonstrated that they like to consume sweet and salty food, but positive trends such as daily fruit, vegetable, milk and dairy products consumption were also presented. The recommended consumption of fish was not, in the majority of adolescents met. Most often adolescents spend 2–4 hours per day using electronic devices and 3–6 hours at weekends. On the other hand, more than half of adolescents do not watch television during the week and during weekends they watch television for 1–3 hours. The majority of adolescents regularly take part in physical activity. Only 13 % of adolescents reported that they were either overweight or obese during childhood and 14 % of adolescents have an obese family member.

In conclusion, students of a private high school in Prague were not found to be overweight or obese, however the BMI of boys was in above average of the percentile chart. In general, adolescents follow a healthy lifestyle especially with respect to physical activity. On the other hand, based on the results, it is clear that not all nutritional recommendations are well achieved. Therefore, an improvement in nutrition in adolescents is needed.

**Key words:** Adolescent, lifestyle, eating habits, physical activity