

## **Abstract**

**Title:** Weight reduction in full-time employees

**Objectives:** The aim of the work is to find out, by means of a search of domestic, foreign literature and scientific works, and the subsequent elaboration of a survey sheet. Interventions leading to weight reduction in adults fully working overweight or obese, and subsequent individualization of the intervention lasting 4 weeks, leading to weight reduction.

**Methods:** The theoretical part will be a search of Internet resources, which will be obtained from the server PubMed and Google Scholar, and combined with available literary resources. In the practical part of the diploma thesis, data collection will be carried out using a survey. The survey will be created specifically for this research based on information from the theoretical part. The aim of the survey will be to record the weekly program of full-time employees with a focus on the composition and timing of meals and physical activity. The obtained data are processed using the spreadsheet program Microsoft office Excel 2013. The record of weekly intake and distribution of food will be evaluated using the Internet portal Caloric Table, where the intake in kJ was mapped for each proband. From the survey sheet, the meal record will be transferred to the calorie tables, where the equivalent of kJ and macronutrients for the specified meal will be displayed.

**Results:** All three were confirmed from the research survey. We can say that people fully working with overweight or obesity and sedentary jobs do not have a balanced energy intake during the day. Looking at the correlation of weight with body measurements, it has been shown that weight loss correlates with changes in circumferential measures. However, in people with higher physical activity, this phenomenon may not be confirmed due to an increase in muscle mass. The use of a combination of caloric restriction and increased physical activity can be achieved without limiting 0.5 kg of weight loss over a four-week horizon in fully employed adults with overweight or obesity.

**Keywords:** Overweight and obesity, weight reduction, eating and exercise habits.

