

ABSTRAKT

The topic of this work is to qualify an efficiency of regular exercise on thoracic spine, hip joint and ankle improvement. There was a qualitative research used for achieving the main goal (by using questionnaires and tests, created by myself, to test the mobility of these selected body segments. A positive influence of this regular exercise on mobility was found out in this research, although bigger differences have been expected in individual segments.

A positive impact on mental health was also shown, as was on physical health. Some health issues, which have appeared in the beginning of this exercise, also disappeared after a completion of this program.