

Annotation

The young generation life style is observed in the bachelor's degree thesis. This age group was chosen because the life style of a human being is supposed to be formed within this period of human life and it impacts the individual's health state for all life.

Health is one the basic rights of each person. It is a condition of well-being and a good quality of life. Good health is a basic part of steady economical increase in society. Diseases prevention and health support are attitudes which are emphasized in the whole society. Change of life can prevent occurrence and development of mass occurred diseases to a great extent. Most of important hazard factors as smoking, junk food, excessive consumption of alcohol, low physical activity and so on, are the factors which can be influenced or reduced or even eliminated by each individual's behaviour.

Participation and responsibility for each individual's health belong to ethic principles of the program „Health 21“..