

# Abstract

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<b>Title:</b>	The effect of lifestyle on the menstrual cycle
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The bachelor thesis deals with the influence of lifestyle to the menstrual cycle the thesis emphasizes the importance of taking care of a healthy lifestyle which is the key to the overall health of a person as well as the proper functioning of the menstrual cycle.

The thesis composes of two parts, the first one describes the physiology of the menstrual cycle and the related hormones, menstrual cycle disorders and selected aspects of a healthy lifestyle.

The basis of the empirical part of the thesis is the interpretation of the results of the research survey, for which the method of quantitative research was chosen using a non-standardized questionnaire.

The aim of the research was to find out whether a healthy lifestyle can positively influence the function of the menstrual cycle.