

Abstract

Title: Constitution of interested persons in physical activity and their aims in reconditioning center of VŠTJ MEDICINA PRAHA

Objectives: The first aim of this work is to find out, what is the main motivation of the patients with the metabolic syndrome in the beginning of the physical exercise. The second aim is through analysis of clients of reconditioning center for assuring sufficient professionally led classes of physical activity.

Methods: Socio-epidemiologic research on sample of clients of reconditioning center of VŠTJ MEDICINA PRAHA at first class. For research questionnaires were used.

Results: The survey involved 84 new clients, 69 women and 15 men whose average age was 48.6 ± 13.8 years. The largest group, 64%, consisted of respondents with secondary education. As the main motivation of 62 respondents reported weight loss.

In the comparison with the current population is in the file higher incidence of diabetes and hypertension.

Keywords: metabolic syndrome, obesity, hypertension, diabetes, motivation