

# **ABSTRACT**

**Title**

Nutrition for recreation athletes

**The aim of bachelor thesis:** The main objection of this bachelor thesis is a summary of the available facts about nutrition. The aim of the work is oriented for nutrition problems of people who don't make their living by doing sport, nor are top-level sportsmen, though practice a sport for their good sense and mental boundaries to maintain a permanent physical condition. The main goal is to earmark some principles and possibilities of using various means of nutrition for better reaping sports performance and results.

**Methods:**

In order to achieve the most objective results and objectives of this thesis, I selected the appropriate method of research of corresponding literature, mainly based on the collection, sorting and evaluating relevant information.

**Keywords:**

nutrition, exercise, health, physical activity, lifestyle