

**Abstract:**

Lifestyle during pregnancy is an important external factor that may affect the course of pregnancy. It depends on the pregnant woman how to approach to lifestyle. The main aim of the Bachelor thesis was to determine whether women changed way of life during their pregnancy. The secondary objectives were to determine which area of lifestyle was often changed and the motivation that led to the change. Whether they avoided the harmful factors and where they gathered information about the lifestyle during pregnancy. The work is divided into theoretical part and research. The theoretical part is divided into four chapters. The first chapter deals with general problems of lifestyle. The second chapter deals with the actual pregnancy, the third chapter describes the way of life during pregnancy. The final fourth chapter briefly mentions harmful factors in pregnancy.

The research part was carried out quantitative survey through an anonymous questionnaire. The research sample consisted of randomly selected pregnant women regardless of age. The results of the research show that women changed their lifestyle of 78,63 % during pregnancy. The most preferred change was the diet in 2,09 %. Their motivation was primarily fetal health. The sad fact showed 2,56 % of women who smoke daily during pregnancy and 29,91 % occasionally drink alcohol. Respondents frequently draw on information from lifestyle media.

Importance of the work lies in the extension of awareness, education and notice the importance of lifestyle during pregnancy. The result of my work has shown that it would be useful to create measures in practice that would lead to an improved awareness by creating educational leaflets with the theme and information from trusted and verified sources.

**Key words:** lifestyle, pregnancy, unhealthy factors, changes of organism