

## **Abstract**

The diploma thesis "Children and Adult Motivation to Adopt a Healthy Lifestyle" deals with the possibilities of supporting and directing an individual to a responsible lifestyle. It addresses the issues of education regarding the habits of healthy and active lifestyle as a prerequisite of a full life. In the theoretical part, it defines the healthy lifestyle, its particular characteristics as well as the factors that influence it. In the empirical part, it uses a questionnaire survey to establish the motivation of modern children and adults to the desirable lifestyle. The thesis is intended to bring an actual view of the problems in question.