

Abstract

Title: Physical and leisure activities for seniors in Prague 6

Objectives: The aim of the master thesis is mapping programs in leisure and outdoor exercise options for seniors in Prague 6 and then suggest their improvements.

Methods: Case study, personal interview, content analysis, analysis of primary and secondary data.

Results: Analysis of physical and leisure activities for seniors in Prague 6 showed the wide range of programs for seniors. Barrier and motivation of older people in the use of this offer has been especially their health. Based on the information were designed measures for the city of Prague 6.

Key words: seniors, active aging, municipal office, public sport grounds, Prague 6