

ABSTRACT

Title: Active lifestyle for seniors

Objectives: Contribute to the issue of supporting positive attitude of man to active old age and based on literature search evaluate influence and significance of physical activities in the process of aging; also suggest possible means of influencing health and seniors' quality of life.

Methods: Search of domestic and foreign professional literature, which handles the topic of aging.

Results: Physical activity in old age is significant. It brings many benefits and it positively influences physical and psychological aspects of man. When choosing suitable activity for seniors, it is necessary to respect their individuality, especially their health condition and previous physical experiences.

Keywords: seniors, age, ageing, lifestyle, physical activity, physiological and psychological changes

