

## **Abstract**

**Title:** Ways and means to reduce weight and increase physical fitness.

**Goals:** To create an exercise program and a dietary plan for men at the age from 30 to 45.

**Methods:** Analyzing the expert literature searched mostly in printed form or online.

**Results:** Very important is a ratio between energy intake and expenditure. If you want to reduce weight, the energy expenditure must be bigger than the energy intake, it is called negative energy balance. The most important factors are physical activity and diet.

**Keywords:** obesity, weight reduction, Body Mass Index