

## **Abstract**

This Bachelor's dissertation deals with knowledge about a healthy lifestyle and its application to life. The theoretical part contains basic knowledge about lifestyle, nutrition, and physical activity and describes their importance for health, prevention and support for the treatment of human diseases. The research section focuses on pharmacy patients, their awareness of a healthy lifestyle, and a comparison of the findings with the knowledge of the general public. A quantitative data collection method was used in the form of an anonymous questionnaire which, with the help of 11 questions, examined basic knowledge about the elements of a healthy lifestyle, and orientation in the energy values of food and physical activity. It also included 1 question about diagnosed diseases related to nutrition and 4 demographic questions. A total of 193 respondents of all age categories participated in the questionnaire survey, with a predominance of 2/3 women over men. Good theoretical knowledge about the suitability of types of foods for reducing and estimating the energy values of physical activity and the energy value of foods was shown by approximately 1/6 and 1/3 more pharmacy patients, respectively than respondents from the general public. For other questions, the responses of both groups were fairly balanced. Data from the questionnaire survey showed that the majority of respondents in both groups had a basic awareness of recommendations for a healthy lifestyle. The research also confirmed the need to not ease up in educating and motivating people to show an interest in and care for their health.

**Key words:** lifestyle, health, nutrition, BMI, diet, physical activity