

Title: Care of habitus, health and prowess of adult population.

Objectives:

- To increase awareness of modern care of habitus, health and prowess of adult population.
- To learn difference between both sexes in connection with perception and approach towards person itself
- To set importance of physical activity in connection with general well-being at certain age
- To point out not only physical activity procedures which contribute immensely towards healthy lifestyle as well as healthy ageing.
- To understand negative behaviour which plays a part in health conditions and complications.

Method:

Research was based on questionnaire which was taken from the international research of sports, health and physical self-awareness in central and East Europe (Mrázek, Fialová, Bachovského, 1995). The questionnaire included 134 questions focused on personal details of general well-being in connection with physical activities appearance, self-awareness and healthy lifestyle.

Results:

Results point out behavioural changes in care of habitus, health and prowess of adult population between men and women derived from new tendencies of modern society as well as certain aspects of risky behaviour such as worse mobility or inappropriate lifestyle.

Key words:

Care of habitus, health, prowess, physical training, , healthy lifestyle, self-awareness.