

Abstract

The diploma thesis deals with the importance of protein and magnesium in the diet of recreational visitors to fitness centers. Excessive protein intake at the expense of other macronutrients is a very common phenomenon in the fitness sector. Magnesium is an important element for muscle regeneration and its deficiency can have a negative effect on weight reduction and muscle gain, leading to fatigue and cramps, which many athletes encounter. As visits to the fitness center become more and more popular nowadays, it is important that athletes are not subject to misleading and confusing information from the internet and look for proven sources.

The aim of the diploma thesis was to compare eating habits, especially protein and magnesium intake, in two groups of people divided according to the frequency of training in the fitness center. This work is divided into theoretical and practical part.

The theoretical part deals with nutrition in the fitness industry in general, but more attention is focused on proteins and magnesium. Quantitative research using a questionnaire survey was chosen for the practical part of the work. A total of 30 respondents participated in the research, divided into two groups – athletes and non-athletes. Non-athletes were considered to be those who have two or fewer workouts per week, athletes who were train three times per week and more often. The main part of the questionnaire was a sheet for recording a four-day diet and drinking regime. The obtained data were processed into a graphical form in MS Excel.

According to the results of the research, there was no statistically significant difference between athletes and non-athletes in protein and magnesium intake. The obtained data show that only 20 % of respondents consume an average of excess protein, ie more than 2.0 g/kg/day. On the contrary, 27 % of respondents found insufficient protein intake, below 1.4 g/kg/day, that is the lower recommended dose for strength athletes according by the International Society of Sports Nutrition. At the same time, it was found that 90 % of research participants full the recommended daily dose of magnesium, two of respondents even used more than twice the adequate daily dose, thanks to dietary supplements. Animal diets predominated in the diets of the research group, but products of plant origin had the largest share in the total magnesium intake.

Key words: proteins, magnesium, nutrition in fitness, athletes