

The issue of insulin resistance is currently widely discussed issues, particularly with regard to the relationship to obesity. This is a topic of much current, since it is obesity with its complications are one of the typical effects changes in contemporary lifestyles.

Generally known fact is the increase of insulin resistance due to obesity. On the contrary, the reduction of body weight involves a reduction in insulin resistance. The issue, however, can be seen from the other side: it can be insulin resistance predictor of weight loss in reducing mechanisms?

Examination of the mechanism is one of the objectives of this work. Another objective is examining the issue of obesity, izulinové resistance in general.

One of the proponents of the theory as a predictor of insulin resistance is For example, E. Ravussin, the results of this work will be confronted with research on this issue in the Czech Republic.