

## **Abstract**

**Title:** Comparison of posture of the body of overweight and obese people and problems associated with it

**Objectives:** The aim of the bachelor thesis is to compare the differences in posture between people suffering from overweight and obesity and to compare the difficulties associated with posture in these two groups.

**Methods:** The method of determining the BMI value and the method of bioelectric impedance analysis of the body using the Tanita weight was used to determine the exact sample of probands and to divide them into the category of overweight and obesity. Furthermore, methods of evaluation of posture according to Jaroš and Lomíček, according to Klein, Thomas and Mayer and Trendelenburger's test were used. Lastly, a questionnaire survey method was used to identify difficulties in overweight and obese probands.

**Results:** The results indicate a higher prevalence of wrong posture in obese probands compared to overweight probands. The incidence of musculoskeletal disorders was comparable in both groups of probands. The incidence of other disorders was more common in obese probands on average.

**Keywords:** posture, inbody, backache, body mass index