

## ABSTRACT

Name: Care for Body, Health and Fitness by Seniors

Objective: The objective of my graduation thesis is to detect the attitude of seniors towards their body and health and to discover the way they perceive the present-day ideas about body type that are presented by the media and accepted by the present-day population.

Method: A questionnaire was used to collect data. The questionnaire involved questions relating to personal data, health state, activities connected with the body and exercise, body image, self-perception and life satisfaction. The form of the questions asked in the questionnaire was not uniform. Closed 'yes' or 'no' questions and ones using Lickert's 5-grade scales dominated the questionnaire.

Results: The results summarize the attitude of seniors towards themselves and their values for evaluating their body, health and fitness. They clarify the motivation of seniors to exercise and explain their behaviour in relation to their diet. Furthermore, the results consider seniors' bodily proportions and conclude that the actual body type of seniors is not identical with their ideal body type.

Key words: physical self-perception, seniors, senility, life style