

## **Abstract**

This thesis deals with the influence of nutrition and physical activity on women's reproductive health. The theoretical part of the thesis describes the anatomy and physiology of the female reproductive system. Factors that can affect reproductive health are described here, and then the influence of nutrition on reproductive health is described. In the practical part, specific case studies of 20 women are described. In the practical part, it was found that nutrition and physical activity can have an effect on women's reproductive health.

Key words: reproductive health, nutrition, physical activity, menstrual cycle disorders, polycystic ovary syndrome