

ABSTRACT

This bachelor's thesis focuses on nutrition and exercise during pregnancy in a selected group of women. The main aim of this study is to determine whether dietary habits have changed among pregnant women and in what manner. Additionally, it seeks to find out whether pregnant women continue with their physical activity/sport routines from before conception.

The presented thesis comprises two main parts: the theoretical and practical. The theoretical part is divided into two major subchapters. The first subchapter concerns nutrition during pregnancy, detailing specific aspects such as suitable and unsuitable diets, appropriate dietary supplementations, intake of fruits and vegetables, and adequate hydration, which pregnant women often overlook. Following this is the second subchapter, which addresses exercise during pregnancy. Topics include the significance of physical activity during pregnancy, suitable and unsuitable physical activities/sports during gravidity, physical activity across trimesters, and the impact of physical activity on the mental well-being of pregnant women.

In the practical part of the bachelor's thesis, the preparation, execution, and results of a questionnaire survey are described. The research segment examines the awareness and knowledge of pregnant women regarding proper nutrition and exercise/physical activities during pregnancy. The practical part establishes both the main objective and secondary objectives. The main objective, "To determine whether dietary habits have changed among women (according to their perception) during pregnancy and how. To ascertain whether pregnant women continue with their physical activity/sport routines from before conception," has been fulfilled. It was found that dietary habits had changed in only 57% of the respondents, for example, by consuming more fruits and vegetables, reducing fatty foods, eliminating caffeine, and emphasizing regular meal patterns. Furthermore, it was discovered that 78% of pregnant women do not continue their physical activity/sport routines from before conception, while 22% still engage in physical activity/sport. This work primarily targets pregnant women seeking information and advice regarding healthy diets and exercises for the period of pregnancy. It is also suitable for family members of pregnant women who wish to actively support the healthy lifestyle of their partner or

family member. This bachelor's study can serve as a resource for fitness trainers and specialists involved in nutrition.