

ABSTRACT

This thesis deals with the issue of a healthy lifestyle among high school youth, both from theoretical and empirical perspectives. The aim of the thesis is to obtain data on the current lifestyle of high school students from a selected high school in Prague. In the empirical research part, students' attitudes towards a healthy lifestyle were analyzed through a questionnaire survey, focusing on aspects such as nutrition, activity, habits, preferential trends, and stress. The theoretical part of the thesis focuses on examining areas of a healthy lifestyle, particularly considering the influence of adolescent development, factors affecting health, youth lifestyle, the importance of proper nutrition, leisure activities, health risks, and health prevention. Subsequently, the empirical part presents the results of the questionnaire survey, which map the current attitudes of high school students to various aspects of a healthy lifestyle.

The questionnaire was distributed electronically. For a deeper understanding of the issue, group case studies were also used, allowing students to share their experience, opinions, and insights regarding a healthy lifestyle at the selected high school in Prague. These results enable the identification of potential shortcomings and suggest possible interventions or measures that could have a positive impact on the youth's lifestyle at the school.