

Abstract:

The aim of this Bachelor Thesis is to determine how arthritic difficulties will change in relation to changes in weight (reduction) and physical activity. The Bachelor Thesis is divided into theoretical and practical part. The theoretical part discusses the formation, diagnostics, risks, causes, medical complications and treatment of obesity. There is also a description of arthritis, where is mentioned how arthritis arises, how is manifested and diagnosed, what are the therapeutic possibilities. Different types of osteoarthritis are listed for an overview too. There is also introduced a chapter about physical activity and patient motivation, because proper personal motivation is one of the most important condition for reducing overweight or obesity. The practical part is focused on research arthritic difficulties before and after the change of body weight and physical activity. To evaluate changes in the persons, quantitative research using a questionnaire was chosen.

Key words:

Obesity, overweight, physical activity, osteoarthritis, arthritic difficulties, risk factors.

