

## CONTENT

Introduction .....	5
<i>Václav HOŠEK</i>	

### Part 1

#### HISTORICAL AND BASIC CONTEXT OF WELLNESS

Chapter 1.1	
The basis for wellness education: understanding and distinguishing between concepts of wellness and healthy lifestyle .....	9
<i>Jana STARÁ, Michal CHARVÁT</i>	
Chapter 1.2	
Wellness is here to stay .....	22
<i>Ludmila VACEK</i>	
Chapter 1.3	
Public awareness about the importance of wellness for human life .....	28
<i>Milada KREJČÍ, Tomáš URBANÍK, Zuzana KORNATOVSKÁ</i>	

### Part 2

#### EDUCATION AT SCHOOL AND SPORT ENVIRONMENT

Chapter 2.1	
Health and style of life of adolescents .....	53
<i>Pavol BARTÍK, Elena BENDÍKOVÁ</i>	
Chapter 2.2	
Health education in health promoting schools – polish perspective .....	64
<i>Katarzyna BORZUCKA-SITKIEWICZ, Katarzyna KOWALCZEWSKA-GRABOWSKA</i>	
Chapter 2.3	
Education to promote healthy sleep habits in athletes .....	76
<i>Tetsuo HARADA, Milada KREJČÍ, Tomoko WAKAMURA, Takahiro KAWADA, Hitomi TAKEUCHI</i>	
Chapter 2.4	
Carnosine as a remarkable nutrition supplement for improvement of athletic performance and wellness .....	105
<i>Zdeněk VILIKUS, Jitka MASOPUSTOVÁ</i>	
Chapter 2.5	
The evaluation of effect of nordic walking on the movement system using the computer kinesiology (the pilot study) .....	112
<i>Dobroslava JANDOVÁ, Otakar MORÁVEK, Pavla FORMANOVÁ</i>	

## **Part 3**

### **WELLNESS AND HANDICAPPED PEOPLE**

Chapter 3.1	
Control physical activities as a way to kinesis-protection and anthropometrics changes in children with mental disabilities .....	<b>123</b>
<i>Zuzana KORNATOVSKÁ, Pavel BLÁHA, Václav HOŠEK, Martin HILL</i>	
Chapter 3.2	
Attitudes of high-school students with disabilities to sport activities .....	<b>146</b>
<i>Petronela LADECKÁ</i>	
Chapter 3.3	
Effect of Tai chi exercise on quality of movement in aesthetics context ..	<b>151</b>
<i>Miroslaw P. GÓRNY, Inga GÓRNA, Radosław MUSZKIETA, Bartosz BOLACH, Ludmila MIKLANKOVA</i>	

## **Part 4**

### **WELLNESS AND SENIORS**

Chapter 4.1	
Analysis of wellness activities of seniors (65+) .....	<b>161</b>
<i>Pavel TILINGER</i>	
Chapter 4.2	
Evaluation of fitness of elderly people by means of fullerton test .....	<b>167</b>
<i>Bartosz BOLACH, Miroslaw GÓRNY, Katarzyna BUKOWSKA, Eugeniusz BOLACH</i>	
Chapter 4.3	
Relationship with laughter yoga and quality of life for students univerzity of third age .....	<b>183</b>
<i>Lucie LAUERMANOVÁ, Dana ŠTÉRBOVÁ</i>	
Summary .....	<b>192</b>
<i>Milada KREJČÍ</i>	
References .....	<b>199</b>
Index .....	<b>233</b>
About authors .....	<b>235</b>