

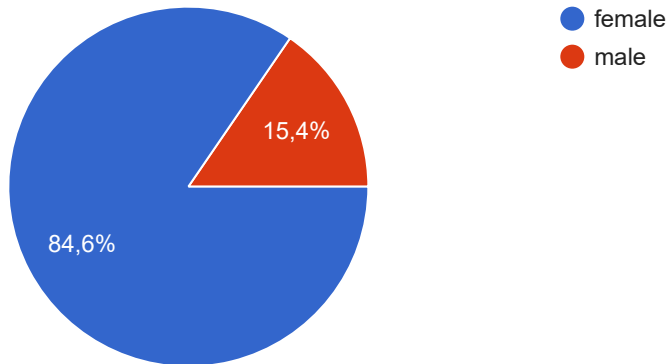
Active lifestyle: Do you practice sports?

136 odpovědí

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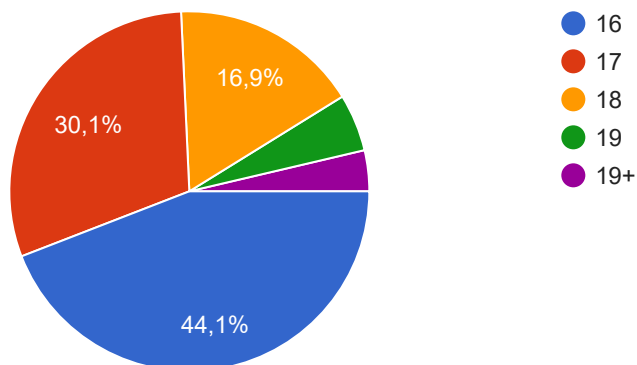
Gender

136 odpovědí



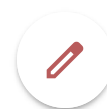
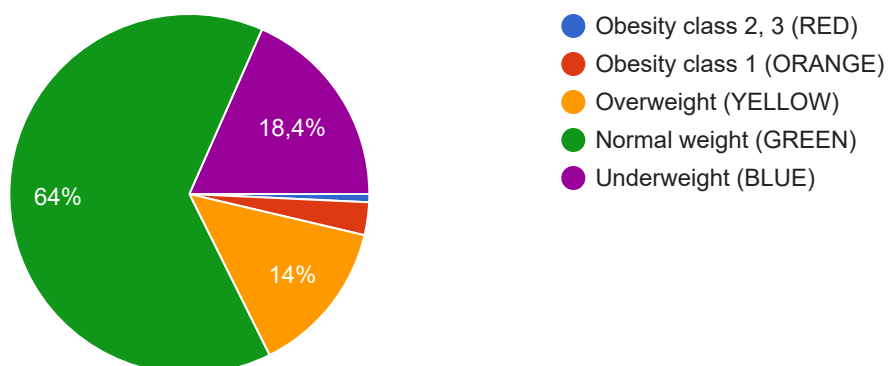
Age

136 odpovedí



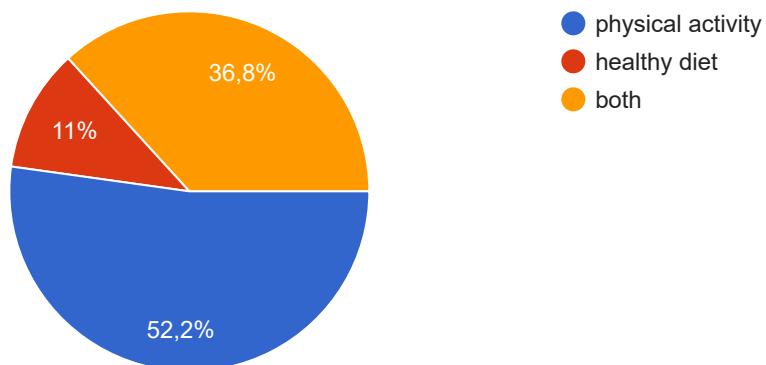
BMI is a shortcut for Body Mass Index - Index body weight. The index (also known as Quetelet index) is one of the most used indicators in which we can determine obesity. What is your value of BMI?

136 odpovedí



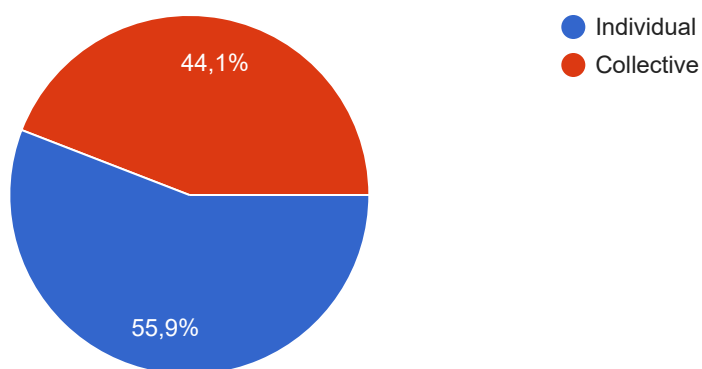
What method of strenghtening health do you prefer?

136 odpovedí



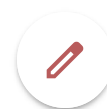
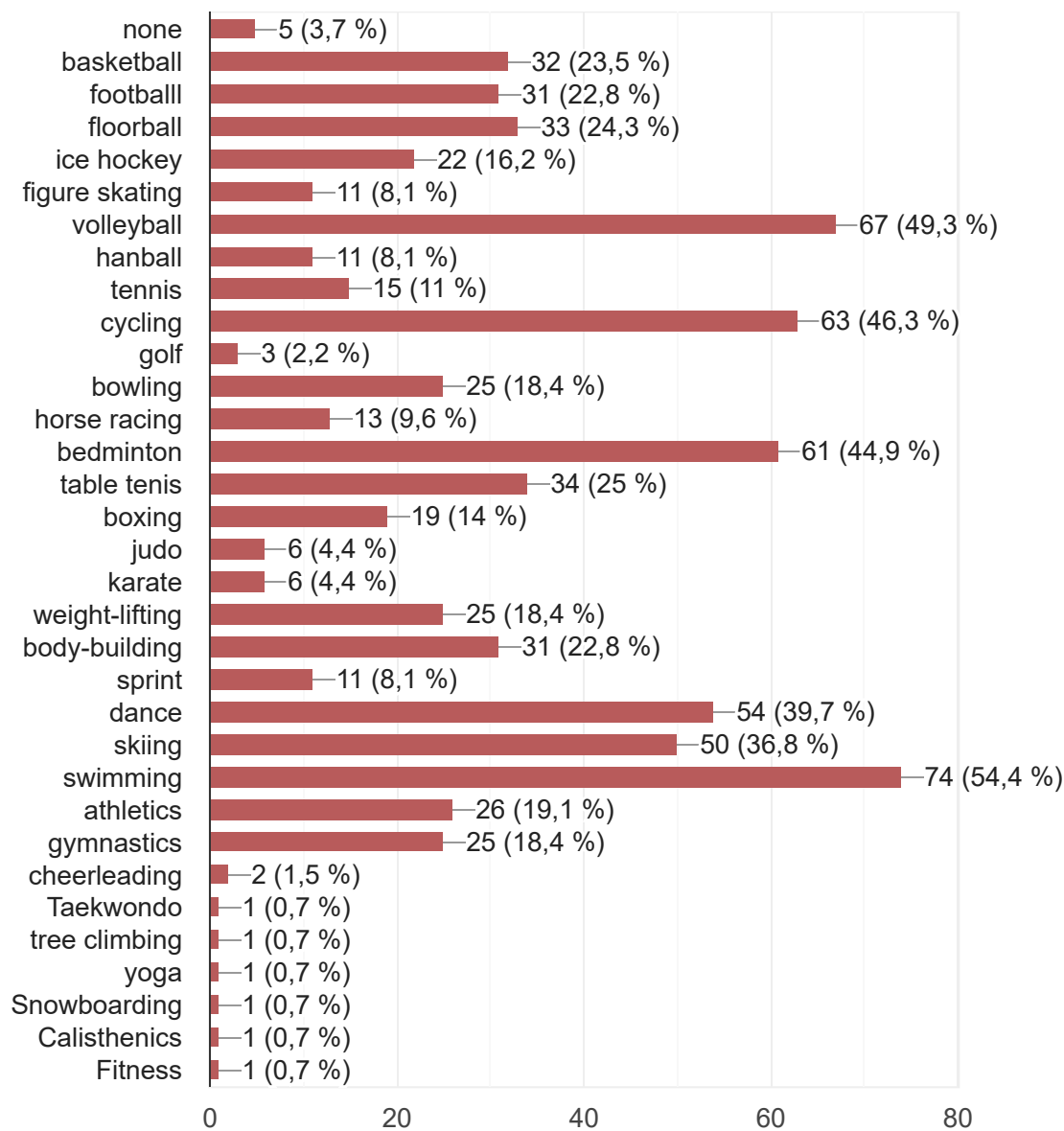
Do you prefer collective or individual sports?

136 odpovedí



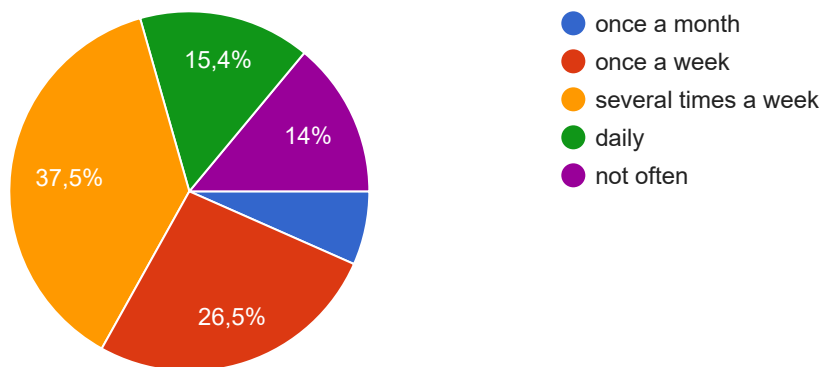
What sport do you prefer?

136 odpovedí



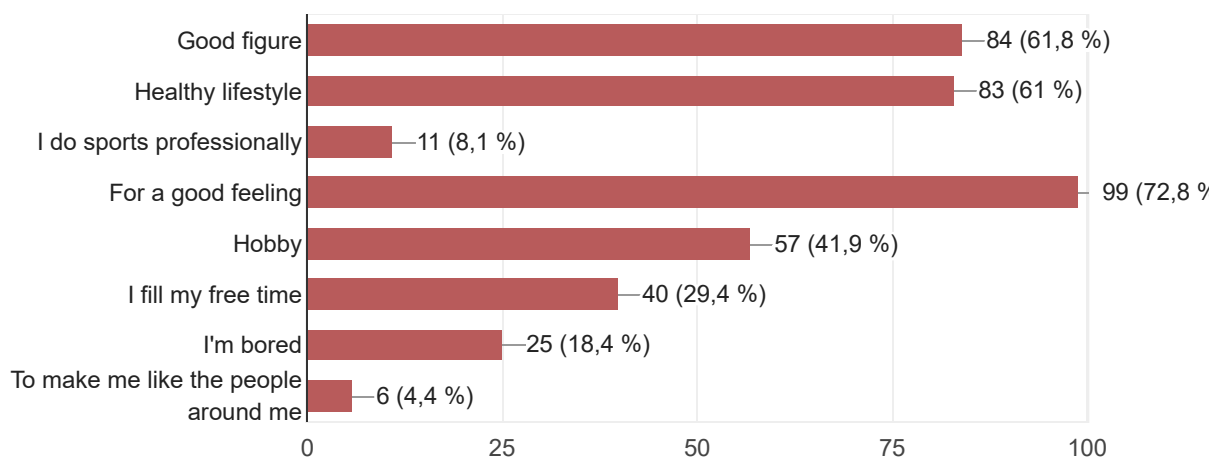
How often do you take exercise?

136 odpovedí



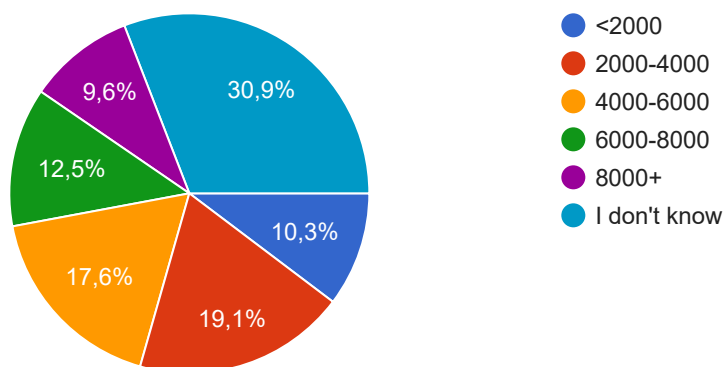
Why do you do sports?

136 odpovedí



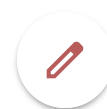
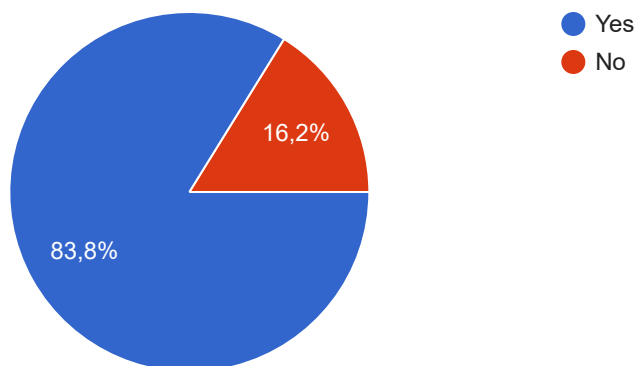
How many steps do you take a day? You should walk for at least an hour a day, which is about 6 to 8 thousand steps. This is also confirmed by Matej Tóth, the Olympic winner in walking: "For an ordinary person, the daily minimum should be at least six thousand steps. Such a number can be done without explicit sports activity. "

136 odpovedí



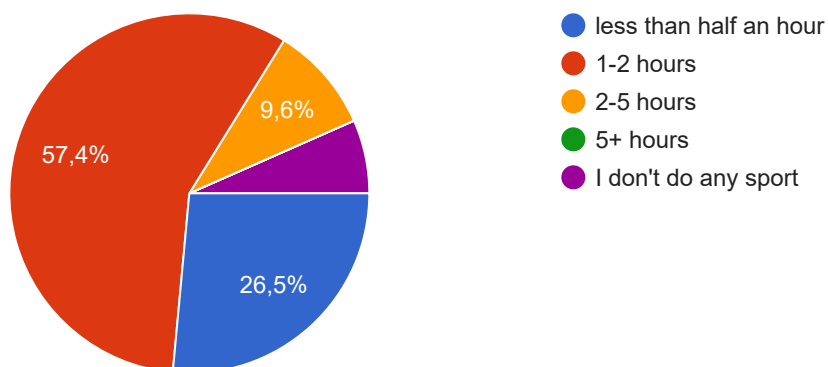
Do you workout at home? (besides PE at school)

136 odpovedí



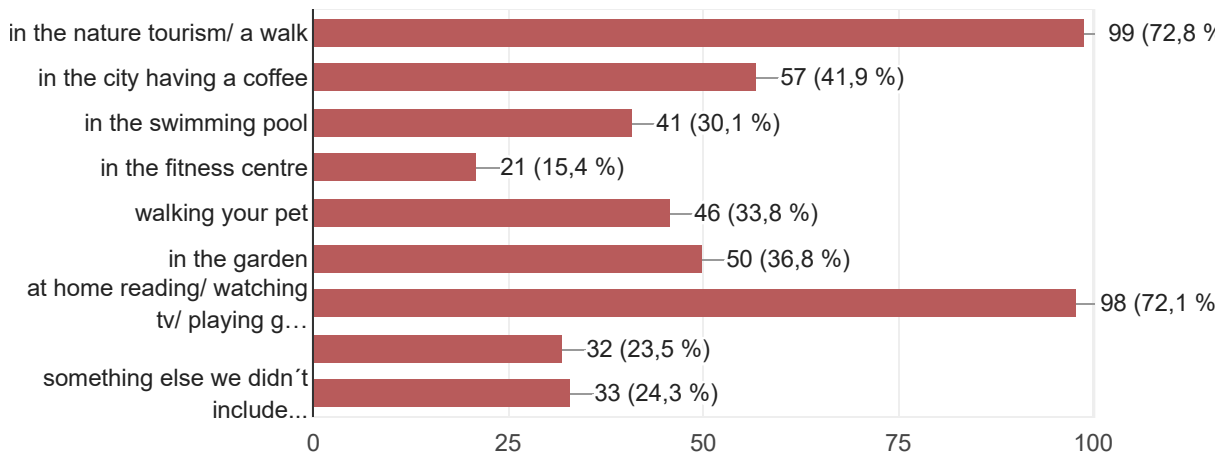
About how much time do you spend doing a sport activity?

136 odpovedí



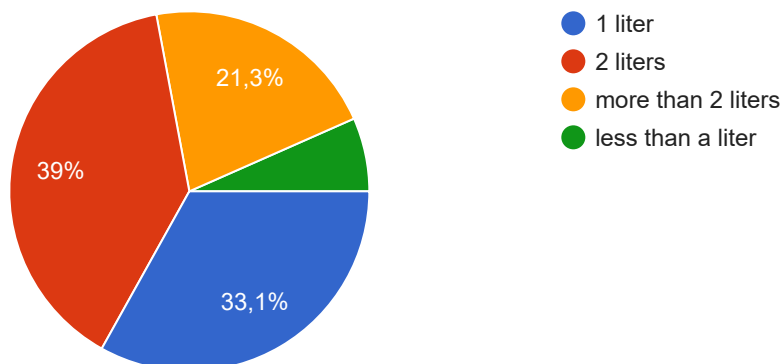
Where or how do you like to spend your free time?

136 odpovedí



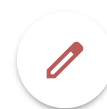
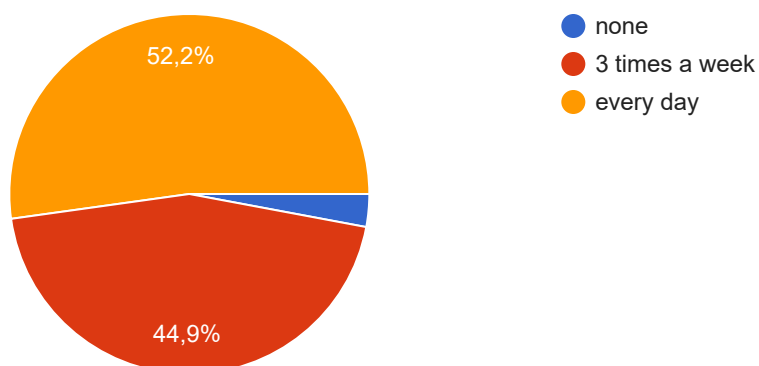
How much water do you drink a day? An adult should drink about 20-40 ml of fluids per 1 kg of body weight in 24 hours, which is approx. 2-3 l of fluids per day.

136 odpovedí



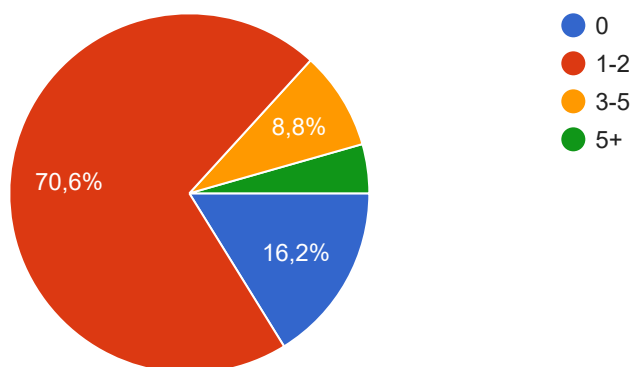
How many fruits and vegetables do you eat during a week?

136 odpovedí



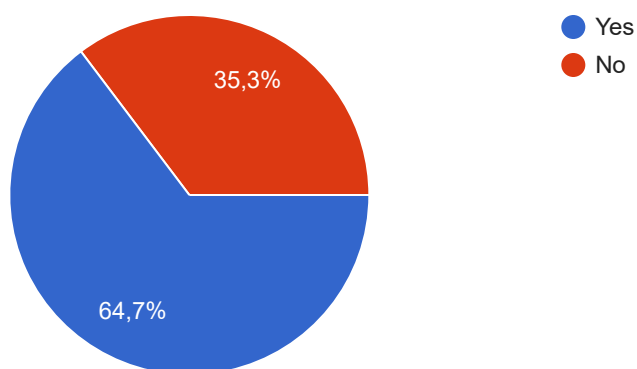
How many sweets you eat during the day?

136 odpovedí



In your opinion, is protein the main ingredient for top athletes?

136 odpovedí



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