

Streszczenie w języku angielskim

In an aging society, maintaining health is becoming increasingly important. One of the essential elements influencing the above aspect is the appropriate level and intensity of daily physical (movement) activity of the elderly. This factor is an easy-to-perform element of maintaining fitness and broadly understood health. Everyone's lifestyle, including daily physical activity, largely determines their health.

The primary assumption of this doctoral dissertation was to find the relationship between selected lifestyle parameters and health condition in physically active women over 60 years of age. These goals were realized within the framework of research projects discussed in four articles constituting the doctoral dissertation.

At the beginning the assumption of this study was confirmed in the conducted studies on the characteristics and motivation of dietary supplement consumption by women over 60, their differentiation in terms of physical activity expressed in the survey data, and measuring physical activity.

In addition, the relationship between physical activity and selected parameters of the health condition of women over 60. Including selected parameters of cognitive functioning was assessed.

The presented research results show the health-promoting effect of physical activity on maintaining average body weight, body composition, drug consumption and cognitive processes. Research results suggest that increased physical activity may improve the quality of life and health benefits of the elderly women.

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