

## CONTENT

<b>INTRODUCTION .....</b>	<b>6</b>
<b>1 THEORETICAL BACKGROUND.....</b>	<b>9</b>
1.1 Wellness awareness continuum: a way of measuring wellness level and wellness activity Milada KREJČÍ .....	9
1.2 Wellness awareness in historical and demographic and geographical contexts Ludmila VACEK.....	12
1.2.1 Historical development of starting points to the current concept of wellness Ludmila VACEK, Milada KREJČÍ .....	14
1.2.2 Modern concept of wellness Ludmila VACEK, Milada KREJČÍ .....	20
1.3 Definition of “wellness” phenomenon Milada KREJČÍ, Ludmila VACEK .....	23
1.4 Physical, mental, social, and spiritual health Milada KREJČÍ .....	31
1.5 Active life style and wellness in persons with disability Zuzana KORNATOVSKÁ .....	36
1.5.1 Wellness and health in relation to disability .....	38
1.5.2 The position of citizens with disability in society, the legal definition of disability .....	40
1.5.3 Classification of disability .....	41
1.6 Active living and wellness Milada KREJČÍ .....	44
1.6.1 Education to wellness, education through wellness, wellness coaching .....	45
1.7 Aging, wellness and balance indicators in seniors 65+ Milada KREJČÍ .....	49
<b>2 OBJECTIVES, HYPOTHESES, METHODOLOGY Milada KREJČÍ .....</b>	<b>60</b>

2.1	Objectives.....	60
2.2	Research questions and hypotheses.....	60
2.3	Methodology.....	61
2.3.1	Material.....	62
2.3.2	Procedure.....	63
2.3.3	Methods.....	64
<b>3</b>	<b>RESULTS OF THE INTERNATIONAL RESEARCH PROJECT</b>	
	<b>“PUBLIC AWARENESS ABOUT THE IMPORTANCE OF</b>	
	<b>WELLNESS FOR HUMAN LIFE”.....</b>	<b>66</b>
3.1	CZECH REPUBLIC.....	66
3.1.1	Introduction, development of wellness in the Czech milieu Milada KREJČÍ, Ludmila VACEK.....	66
3.1.2	Project results of the respondents in the Czech Republic Milada KREJČÍ.....	69
3.1.3	Results analysed in the Czech groups of the intact persons and persons with disability Zuzana KORNATOVSKÁ.....	71
3.1.4	Analyse of the project results in the Czech Prison Service Staff František VLACH.....	85
3.1.5	Significance of awareness about wellness in Czech sportsmen Zuzana KORNATOVSKÁ, Tomáš MIROVSKÝ, Robin JIRÁSKO.....	98
3.1.6	Awareness about wellness in Czech teenagers Luboš BUBEN, Milada KREJČÍ, Robin JIRÁSKO.....	110
3.2	SLOVAK REPUBLIC Tomáš URBANÍK.....	124
3.2.1	Wellness development in Slovak Republic.....	124
3.2.2	Slovak Republic results.....	129
3.2.3	Results of awareness about wellness in Slovak seniors....	144
3.3	POLAND REPUBLIC Katarzyna GEBURA Krystyna BOROŃ-KRUPIŃSKA.....	155

3.3.1	Perception, understanding and realization of wellness concept in Poland Republic.....	155
3.3.2	Results of the Poland Republic Intact population.....	165
3.3.3	Results of the Polish intact population in relation to the gender and age.....	167
3.3.4	Results of the Polish population in relation to the disability, lack of it and professionally performing sports.....	176
3.3.5	Results of the Polish population in relation to the residence and education.....	182
3.4	CANADA Ludmila VACEK.....	189
3.4.1	Wellness and health reflects in Canada.....	189
3.4.2	Wellness and health reflects in Canada, example of good practice.....	190
3.4.3	Results of the monitored Canadian groups of intact population.....	193
3.5	RUSSIAN FEDERATION Yuriy ZVEREV.....	203
3.5.1	Introduction into the wellness problematic in Russian Federation.....	203
3.5.2	Results of the Russian Federation.....	209
	<b>CONCLUSIONS Milada KREJČÍ, Tomáš URBANÍK.....</b>	<b>234</b>
	<b>SUMMARY Milada KREJČÍ.....</b>	<b>238</b>
	<b>REFERENCES.....</b>	<b>246</b>
	<b>SUBJECT INDEX.....</b>	<b>257</b>
	<b>NAMES INDEX.....</b>	<b>261</b>
	<b>ABSTRACT.....</b>	<b>263</b>
	<b>ABOUT THE AUTHORS.....</b>	<b>264</b>
	<b>ANNEXS.....</b>	<b>271</b>