

CONTENT

Preface	7
PART 1 – HEALTH STATUS IN CONSEQUENCES TO BODY CONCEPT, OVERWEIGHT AND VALUES	11
The Concept of Health and the Problem of Atomism Irena Martínková Faculty of Physical Education and Sport, Charles University in Prague	13
Aspects of the Health Education, Individual Well-Being and Sport in Local Czech and International Context Ludmila Fialová Faculty of Physical Education and Sport, Charles University in Prague	21
Health Education and Children's Overweight and Obesity – Lifestyle as a Cause and Consequence Václav Bunc Faculty of Physical Education and Sport, Charles University in Prague	33
Sport, Values and Health Pavel Slepíčka Faculty of Physical Education and Sport, Charles University in Prague	48
Bodybuilding and Fitness Centers – Support for Health or Risks of Doping Abuse? Irena Slepíčková Faculty of Physical Education and Sport, Charles University in Prague	61
PART 2 - HEALTH EDUCATION AND ROLE OF SELF-CONTROL AND SELF-ESTEEM ON OVERWEIGHT CONTROL THROUGH INTERVENTION OF YOGA TRAINING	75
Control through Intervention of Yoga Training Milada Krejčí Faculty of Education, University of South Bohemia, České Budějovice	77
Self-Esteem and Obesity Milada Krejčí Faculty of Education, University of South Bohemia, České Budějovice	88
Self-Control and Obesity Management Milada Krejčí Faculty of Education, University of South Bohemia, České Budějovice	93
Health Promotion, Healing and Obesity Management in Yoga Training Milada Krejčí Faculty of Education, University of South Bohemia, České Budějovice	97
About Editor and Research Project GAČR 406/05/2431	139