

The post-communist bloc countries (e.g. the Czech Republic) appear to have a tendency to replicate the “negative” health trends that had been previously witnessed in economically developed Western countries: a decrease in PA and an increase of overweight and obesity(Branca, Nikogosian, Lobstein, & World Health Organization, 2007). Indeed, Central and Eastern European countries could learn from such “negative” Western European and global experiences(Knai, Suhrcke, & Lobstein, 2007). The adolescent population represents one of the most physically active subpopulations(Le Masurier et al., 2008).

Branca, F., Nikogosian, H., Lobstein, T., & World Health Organization (Eds.). (2007). *The challenge of obesity in the WHO European region and the strategies for response: summary*. Copenhagen: World Health Organization, Regional Office for Europe.

Knai, C., Suhrcke, M., & Lobstein, T. (2007). Obesity in Eastern Europe: An overview of its health and economic implications. *Economics & Human Biology*, 5(3), 392–408.
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Le Masurier, G. C., Bauman, A. E., Corbin, C. B., Konopack, J. F., Umstattd, R. M., & Van Emmerik, R. E. A. (2008). Assessing walking behaviors of selected subpopulations. *Medicine and Science in Sports and Exercise*, 40(7), S594–S602.
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