

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 **PUBLIKACE 1**. Indeed, Central and Eastern European countries could learn from such “negative” Western European and global experiences **PUBLIKACE 2**. The adolescent population represents one of the most physically active subpopulations **PUBLIKACE 3**.