

This diploma thesis presents a new form of outdoor activity called Priessnitz Walking, which means a connection of nordic walking, cooling limbs in a cold water and a yoga breathing exercises. A physiological grounds of each of its parts has been explained in the theoretical part of the thesis as well as its benefits for older people. Next to this, the thesis concerns about a physiology of aging and the importance of regular physical activity in later life. Our clinical experiment investigated an effect of PW during six-week training programe in older women attending Cardio Club Motol. A significant change in cardiorespiratory function and a positive subjective evaluation of the participates has been shown. Besides, we have found Priessnitz walking to be a save kind of endurance training for older people. A long-term adherance, which we also focused on, was not confirmed.