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Влияние и връзка на физическото обездвижване и наднорменото тегло сред подрастващите

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Influence and correlation of the insufficient physical activity to the overweight among adolescents: Bulgaria takes the second place in the world for obesity and overweight among children. **Purpose:** To establish the frequency of overweight cases among pupils of the age group 11-14, and to point out how the insufficient physical activity influences the children in Pleven. **Conclusion:** School is the place where children spend most of their time, therefore, school environment should enforce the benefits of the regular physical activity and health oriented way of life.

Key words: overweight