

---

# Sport and a Healthy Lifestyle

---

Healthy lifestyle is of an increasing importance in today's world. This page offers you some tips on current sporting events, clubs, and the range of Charles University sports facilities available to you.

Enjoy your chosen sport at Charles University's sports facilities or take part in regular sporting events such as the Rector's Sports Day or the Motol Mile – for more information see the page **Sport at Charles University**. Most of the faculties have their own sports clubs, which are usually open not only to students, graduates and staff, but to the general public.

- [Sport at Charles University](#)
- [Sports facilities at Charles University](#)
- [Sports clubs](#)

