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Budget approved: 30,000 Euros

Duration: 24 Months (1/1/2024 – 31/12/2025)



### Objectives

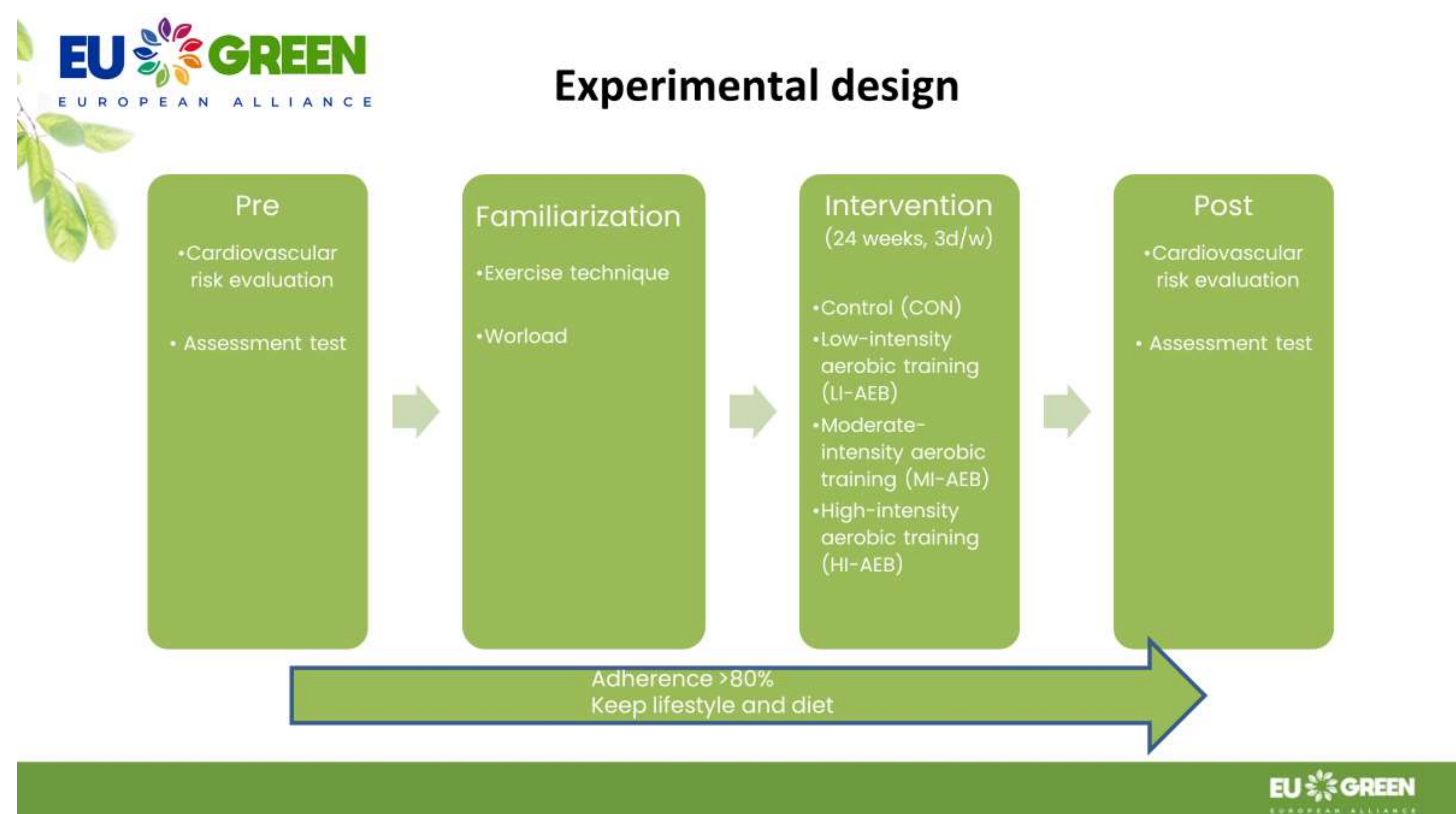
1. Developing and evaluating a tailored health promotion through the physical exercise
2. Defining and validating personalized preventive pathways for individuals with different cardiovascular risk levels
3. Generating new knowledge about tailored physical exercise from a holistic and interdisciplinary point of view.
4. Carrying out a proof of concept to analyze methodology and results to refine the proposal for a future European research call.
5. Strengthening relationships between partners to create a robust *Exercise and Wellness* research network.
6. Promoting the research training of young graduates by their participation in the project with internships.

### Work packages



- WP 1: Project coordination, management, and control
- WP 2: Determination of cardiovascular risk stratification
- WP 3: Development and evaluation of tailored exercise programs
- WP 4: Definitive proposal for EU calls and dissemination

### Experimental design



### Intellectual outputs



- Systematic review and meta-analysis
- Study protocol



- Full proposal submission!
- Joint Transnational Call for Proposals (2024)  
 Innovate to Prevent: Personalised Prevention in Health and Care Services (THCS Grant 101095654)