**Dream Team VU ProFIT!**

Developing a personalised lifestyle tool to promote physical and/or mental fitness

Aim: to develop a tool that can be used to give tailor-made lifestyle advice.

Current situation: Many lifestyle instruments are based on a particular aspect of lifestyle, such as diet or exercise, and are based on averages across large groups.

New situation: By using an instrument in which information about diet, exercise, psychosocial factors (e.g., stress, anxiety, depression) and sleep are integrated and linked to personal characteristics, personalised lifestyle advice can be given. By collecting a lot of data from VU students and staff, profiles can be created with tailor-made advice. Data regarding fitness, health and compliance will be collected through measurements taken at the labs of the Movement Sciences, Health Sciences and Psychology departments, using ambulatory monitoring devices and digital questionnaires. From May 2021, the labs will all be located on a single floor at the Faculty of Medicine building, so that this ‘measurement street’ can be put to optimal use.

Participants: an interdisciplinary and diverse team of students surrounded by a supervisory team of teachers/researchers; relevant disciplines include health sciences, movement sciences, psychological sciences, (health) communication sciences and artificial intelligence.

Challenge: to have one or more groups of people at VU undergo a lifestyle change that is as effective as possible, based on the advice provided by the lifestyle instrument that has been developed by the Dream Team. The achievement is the collective change in physical and/or mental fitness of the participants in a group.

Competition element: The Dream Teams can compete on an annual basis against the performance of the teams from previous years or teams within the current year’s Dream Team can be formed according to their VU department and compete against one another.

Future: If successful, future ProFIT! Dream Teams can focus on other regions of Amsterdam or other institutions and companies.

This project can possibly continue as a start-up company.