

# Join Us in Promoting a Healthy Lifestyle!

healthyw8

Are you motivated to live a healthier life?  
So are we!  
We aim to help people make healthier  
lifestyle choices with tailored guidance on  
diet, physical activity, and well-being.

## Registration for Pilot Trials is now open!



We are recruiting participants for short-term pilot trials in 8 countries: Spain, Portugal, Italy, Germany, Luxembourg, Bulgaria, The Netherlands, and Denmark. Participants will test a new digital system that provides personalized lifestyle advice.

Hence, we are looking for participants in the following age groups:

- Children (5-12 years old)
- Young adults (18-25 years old)
- Seniors (over 65 years old)

## Why Join Us?

Experience cutting-edge research firsthand.

Receive personalized tips tailored just for you.

Play a key role in shaping a healthier future for everyone!

## Get Involved!



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Scan the QR code to learn more about the trials in your country and see if you qualify. Together, we can create a healthier future!