

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!



HealthyW8 is an EU-funded project that aims to help people make healthier lifestyle choices through a personalized approach. Using cutting-edge technology, our digital system adapts to your needs, emotions, and environment to offer recommendations that are right for you. Whether it's about diet, physical activity, or mental well-being, HealthyW8 is here to empower you to live healthier!

We are now recruiting participants for short-term pilot trials in 8 countries: Spain, Portugal, Italy, Germany, Luxembourg, Bulgaria, The Netherlands, and Denmark. During these trials, participants will test the app's effectiveness and ease of use by evaluating its technology, user-friendliness, and usability.

Our trials focus on key life moments where maintaining a healthy lifestyle is crucial.

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!

Ready to make a change?



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!



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