



# #EUHPP LIVE WEBINAR

## 2024 Thematic Networks

### Promoting Active Lifestyles Across Generations Insights into Effective Interventions and Digital Tools

31 OCTOBER 2024, 11.00 – 12.00 CET, BRUSSELS TIME



Dear colleague,

We invite you to join this #EUHPP Live Webinar.

This webinar is part of the Thematic Network ‘Beyond Boundaries,’ dedicated to promoting an active lifestyle across all generations—children, youth, adults, and the elderly. The project emphasizes the importance of an active lifestyle and effective communication strategies to encourage active living.

Additionally, it aims to inform about existing interventions that support this goal, including digital tools such as apps and continuous monitoring systems. In this second webinar, our speakers will explore the effectiveness of interventions for promoting physical activity.

We’ll discuss the role of digital health interventions, the use of data for tailored activity programs, and insights into the latest research and practices for fostering active habits.

**Register to this webinar following [this link](#).**

Once registered, you will receive the calendar invitation from Webex. Please pin it in your calendar and go back to it on the webinar day.

This webinar will be held in English.

If you have any further questions, please contact [sante-hpp@ec.europa.eu](mailto:sante-hpp@ec.europa.eu)

We are looking forward to welcoming you online.

#### **The EU Health Policy Platform team**

European Commission  
Directorate-General for Health and Food Safety  
Unit B3 – Health monitoring and cooperation, Health networks  
Luxembourg



#HealthUnion



European  
Commission

The EU Health Policy Platform will host a live webinar, following this agenda:

<b>11:00 – 11:10</b>	<b>Welcome and introduction</b>  <b>Physical (In)Activity and Health: <i>Mens sana in corpore sano</i></b> Faculty of Rehabilitation Sciences & Data Science Institute, Hassel University, Belgium
<b>11:10 – 11:15</b>	<b>Q&amp;A – Discussion with the audience</b>
<b>11:15 – 11:25</b>	<b>Digitalization and Physical Activity: <i>Dr. Jekyll and Mr Hyde?</i></b> Faculty of Rehabilitation Sciences & Data Science Institute, Hasselt University, Belgium
<b>11:25 – 11:30</b>	<b>Q&amp;A – Discussion with the audience</b>
<b>11:30 – 11:40</b>	<b>AI-based Approaches to improve and promote active living across all age groups</b> Interdisciplinary Studies Research Center (ISRC), Institute of Engineering from Polytechnic of Porto (ISEP/P.PORTO), Portugal
<b>11:40 – 11:45</b>	<b>Q&amp;A – Discussion with the audience</b>
<b>11:45 – 11:55</b>	<b>What We Know about Effective Interventions for Promoting Physical Activity in Youth</b> George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Târgu Mureş, Romania
<b>11:55 – 11:58</b>	<b>Q&amp;A – Discussion with the audience</b>
<b>11:58 – 12:00</b>	<b>Closing remarks</b>

**Please be informed that this #EUHPP Live Webinar will be recorded. We invite you to consult the live webinars privacy statement below.**

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