

Figure 1. Design of lifestyle intervention with physical activity and diet.

Date: 12 of April 2024.

"One size fits all"

Precision health (grey)

Start

End

General advice on
physical activity

Evaluation

A. Effect

- Weight (primary outcome)
- Waist-hip circumferences
- Resting energy expenditure
- Cardiometabolic risk factors
- Aerobic fitness
- Muscle strength and endurance
- Physical activity
- Diet
- Health-related quality of life
- Geospatial data (GPS)

B. Feasibility

- Process evaluation
- Perceived barriers and facilitators for behavioral change

Step 1. Individuell adaption

Medical
Comorbidity
Risk profile
Medication
Symptoms

Psycho-social
Preferences
Barriers-facilitators
Socialt support
Readiness to change
Health literacy

Professions
Physician
Nurse
Biomedical analyst
Physiotherapist
Health promotor

Step 3 Counseling & support

Aerob training
Strength training
Water training
Home training
Lifestyle school

Meetings (physical, online)
Lifestyle app
Online coaching
Nudging

Step 2. Individual adaption from
measured VO₂max

Individualized advice
on physical activity

Step 2. Individual adaption from
food diary and measured resting
energy expenditure

Individualized advice
on diet

Figure 2. Design of randomized controlled trial, with measurements and time plan.

Date: 12 of April 2024

