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Peer coaching as a population approach to increase physical activity in older adults

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Stellingen behorende bij het proefschrift getiteld:

Peer coaching as a population approach to increase physical activity in older adults

1. Olympic athletes that set their personal record at a relatively young age have a lower life expectancy (this thesis)
2. Peer coach physical activity interventions are effective in increasing subjective and objective measure of physical fitness and well-being (this thesis)
3. It is feasible to set up self-organizing sustainable peer coach physical activity interventions in new communities (this thesis)
4. The Cuban Círculos de Abuelos show it is possible to create peer communities on a population level (this thesis)
5. The use of young fit professionals to supervise exercise sessions can be a barrier for older adults to exercise
6. While being very effective in curing diseases, healthcare needs to focus on maintaining good health
7. The best moment to improve someone's unhealthy lifestyle is when the consequences of it become manifest, but it remains important to seize those moments
8. "The prior concern of public health should be to discover and control the causes of incidence" adapted from Geoffrey Rose (1985)
9. Scientific collaboration is necessary, more than 100 authors on a paper is not
10. Medical education should also include the etymology of medical terminology to support the understanding of the origin of diseases and functions of anatomy
11. The decimal clock is a superior time notation in our current decimal system
12. "There is an evolutionary mismatch between human emotions, institutions and technology" adapted from Edward O Wilson (2009)