

START'R



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WWW.IRBMS.COM

Hello,

You have not declared any risk factor concerning the evolution of your state of health.

Your lifestyle habits show active mobility and physical activity to meet the positive WHO criteria for daily energy expenditure.

We encourage you not to change your active lifestyle habits and to continue to use your activity sensor to maintain your motivation.

Physical activity combined with a balanced diet helps reduce the likelihood of developing a chronic non-communicable disease in primary prevention by maintaining your physical and moral well-being.

You can vary your practices by using the good advice you will find on the site of our partner IRBMS. We recommend that you pass on this good hygiene to everyone around you so that you can live better together.

I remain at your disposal to help you in your efforts to maintain your good lifestyle habits in order to reduce the risk of chronic non-communicable diseases.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE
DE LA MÉDECINE ET DU SPORT SANTÉ