

The REBALANCE team is excited to update you on the progress of the project. We are nearing the completion of our goals, focusing on enhancing remote training and addressing the negative impacts of prolonged sitting.

Get to know more below!

Partners:



What are the project's main achievements?
Through digital solutions, we are **empowering professionals** to offer personalized assistance remotely. Additionally, we are **raising awareness** about the health effects of prolonged sitting and **improving exercise training** when access to a physiotherapist or trainer is not possible.

Our cross-training platform, a major project milestone, is an accessible online platform for remote guidance, providing tailored support without generic training apps.

Professionals can enhance their digital skills and seamlessly **integrate technology into their daily activities.**



- Project Result 1**, an e-learning course, delves into remote guidance best practices and effective communication methods, offering practical tips for smooth remote work.
- Project Result 2** introduces gamified exercises to combat sedentary work habits, making learning engaging and motivating.
- We are committed to accessibility and collaboration, ensuring our outputs are easily available to all interested parties.
- Stay tuned for updates on accessing and utilizing our project outputs.**