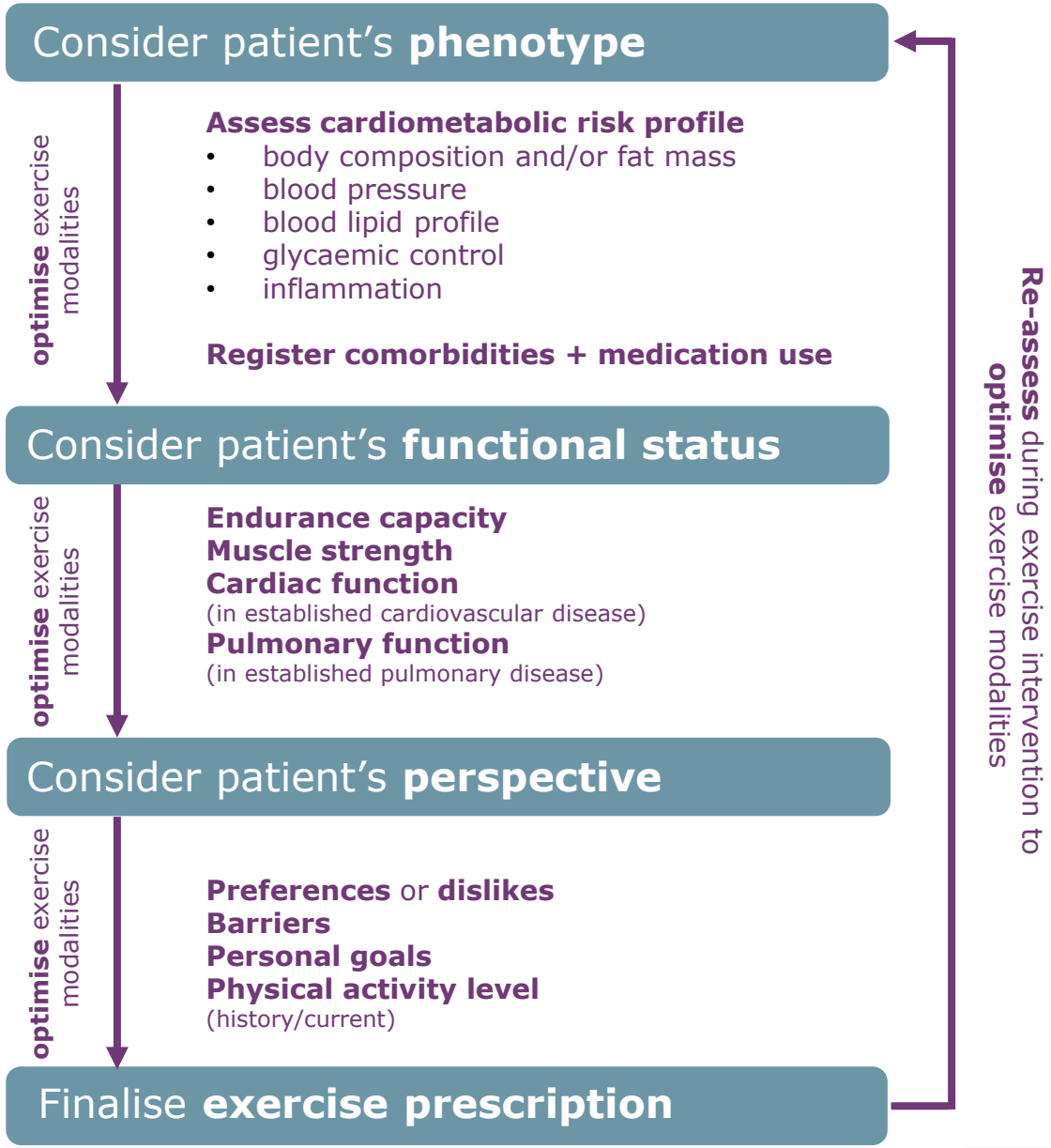
Practical approach in tailoring exercise prescription



Based on Verboven, K., & Hansen, D. (2021). Critical Reappraisal of the Role and Importance of Exercise Intervention in the Treatment of Obesity in Adults. Sports medicine, 51(3), 379–389.

Co-funded by the European Union