

Changing lifestyle behaviors with personalized feedback delivered via the Internet

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Propositions

Belonging to the dissertation entitled:

Changing lifestyle behaviors with personalized feedback delivered via the Internet

Focus on physical activity and body weight

1. Personalized advice does not automatically lead to changes in lifestyle. (*this dissertation*)
2. Physical activity questionnaires should not be used to test whether an intervention to increase physical activity is successful or not. (*this dissertation*)
3. Providing personal genetic information does not help the individual to make lifestyle changes. (*this dissertation*)
4. A physically active lifestyle can counteract your genetic risk for obesity. (*this dissertation*)
5. In the past decades, technological advances have allowed us to perform physically demanding work with still less effort. But now we have to go out of our way to make things difficult for ourselves. (*B. Ainsworth, ECSS conference Sweden, 2015*)
6. The genetic background loads the gun, but the environment pulls the trigger. (*G. Bray, Physiol. Behav., 2004*)
7. In an 'ecological' approach, we regard obesity as the normal response to an abnormal environment, rather than vice versa. (*G. Egger and B. Swinburn, BMJ, 1997*)
8. With appropriate wearables to measure physiological functions, Internet is an excellent platform to collect personal data. (*this dissertation*)
9. People will not make behavioral changes unless these behaviors have immediate and visible harmful consequences.
10. It is the natural tendency of the ignorant to believe what is not true. In order to overcome that tendency it is not sufficient to exhibit the true; it is also necessary to expose and denounce the false. (*H. L. Mencken, the American Mercury, 1926*)
11. Everything will be all right in the end... if it is not all right then it is not yet the end. (*Indian proverb—Sonny Patel, the Best Exotic Marigold Hotel, 2011*)

Cyril Marsaux

20 April 2016