

World Gymnaestrada Longitudinal Study , Lausanne 10 – 16.07.2011

Dear World Gymnaestrada participants,

during the last World Gymnaestrada (Dornbrin, 2007) about 1450 participants volunteered in the World Gymnaestrada Health Project. The aim of this project was to assess health related body characteristics and life-style habits in a sample of active people. The volunteers of the project underwent kinanthropometric measurements conducted in our on-site laboratory and completed different questionnaires on physical activity, injury and life-style habits. Volunteers received the blue „*I have been somatotyped*“ T-shirt as a gift.

Analyses indicated that, on the average, female and male World Gymnaestrada participants had body characteristics (e.g. higher muscle mass; lower fat mass) and life style habits associated with better health outcomes compared to the general population. However, fruit and vegetable consumption (median consumption 3 units), although double the consumption compared to the general population, did not reach the „5-a-day“ recommendations.

These study results were published in scientific journals and theses or presented at international congresses (such as the Congress of the European College of Sport Science).

Repeated measurements on the same volunteers is the best way to study the relation between lifestyle and health. With the logistical help of the local organizers and the support of the official medical team (Prof. Dr. A. Gremion, Lausanne University) we will be able to set up a follow-up during the next World Gymnaestrade in Lausanne (July 2011).

Therefore, **we invite all the volunteers of the World Gymnaestrada Health Project in Dornbirn (2007) to participate again in this follow-up study.** Similar to 2007, there will be a well-indicated on-site laboratory and well recognisable members of the research team will do the on site recruitment. The whole procedure will take about 30 to 40 minutes. As a gift, the participants will receive a new „*I have been somatotyped*“ T-shirt with their individual somatotypes (2007 and 2011) directly plotted on it. In addition a booklet with the individual 2007 and 2011 scores and recommendations will be send by e-mail (please provide us with your correct and actual e-mail address).

Please participate in this original World Gymnaestrada Longitudinal Study. **This project can only be successful if we can measure the same volunteers on the 2011 edition.** For questions or making early bird measurement appointment you may use following e-mail: jtaeymans@bluewin.ch

Alternatively, you may come to the laboratory without appointment! Please join us!

Prof. Dr. P. Clarys
Vrije Universiteit Brussel
Brussels, Belgium

Prof. Dr. J. Cabri
National Institute of Health
Oslo, Norway

Dr. J. Taeymans
University College
Physiotherapy
Landquart, Switzerland