



Name, age & hobby's:

Cecile Singh-Povel, 36

Swimming (slow speed lane), spending time in nature, stone carving, physiotherapy for a cruciate ligament reconstruction (short term hobby)

In which institute/organization are you working? FrieslandCampina

What's your role in VOILA? What would be the best outcome for you?

I am as FrieslandCampina representative involved in RL1. As I am an epidemiologist by training, RL1 is close to my own expertise. Furthermore, I provide an industry perspective in this workpackage.

I hope that in RL 1 we will succeed in building a marker of biological age. Such a marker could be a target for lifestyle intervention, and could possibly be a attractive way to give consumers insight in their own health status.

Mention your Pension. What will you be doing?

I would like to spend time with family and friends and spend time the nature. I hope I would still be able to be thankful for everything life has to offer and to remain positive, despite occasional inconveniences, which come with older age.