



Name, age & hobby's

Jean Nyakayiru (33), Fitness and soccer

In which institute/organization are you working? FrieslandCampina Innovation Center, Wageningen

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

As the muscle research specialist of FrieslandCampina, my role will be to follow and steer the activities of RL3 to ensure that the muscle related outcomes can be translated into effective nutritional applications for the ageing population.

The best outcome would be that Dusra-Voila increases our knowledge of the beneficial effects of a combined exercise and nutritional intervention in ageing individuals to improve mobility, and that insights are gained in key parameters (muscle and gut related) that explain differential responses between individuals.

Mention your Pension. What will you be doing?

Enjoying quality time with my family and traveling the world as a healthy and active pensioner