



**Lisette de Groot**

**Hobbies:** singing, reading, bios, sports (including following sports).

**In which institute/organization are you working?**

Division of Human Nutrition, Wageningen University

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

I am one of the leaders of WP3, which aims to tackle age-related differences in responsiveness to a multi-modal lifestyle intervention by targeting more or less mobility compromised older adults.

It would be great if we could signal differences in responsiveness for combinations of outcomes (immune, metabolic, gut, muscle related) and link those to markers of biological age. Charlotte Kramer (PhD) already started working as one of the PhD's involved in WP3.

Furthermore –with Eline Slagboom–I am supervising Fatih Bogaards, a PhD student working on data retrieved from intervention studies, looking for profiles of responsiveness.

**Mention your Pension. What will you be doing?**

Practice what we preach: stay active and involved in many ways !!