



Lex Verdijk (40)

Hobbies:

- Cycling
- Football
- Music
- (occasional) Beer tasting

Maastricht University / Maastricht University Medical Centre+, dept Human Biology
VOILA – RL1

Role in Voila:

Supervising PhD students and setting up, executing, and analyzing the interventions in RL3.

Best outcome for me:

To show that by improving physical activity and dietary habits, there is a window of opportunity to improve people's health and physical and functional well-being in virtually everybody (despite the fact that there will be substantial inter-individual differences)

What I will be doing upon my Pension:

Far away... but hopefully being able to travel the world and (with a bit of wishful thinking) see that we managed to reduce global climate change and (civil) wars, and make people age healthier!