

Description Fitsurance

Fitsurance is a social enterprise, founded by Human Movement Scientists, aimed at decreasing chronic diseases and increasing healthy life expenditure by providing health data-coaching. Individuals are coached on 44 underlying health variables (cholesterol, blood sugar/HbA1c, blood pressure, etc.) and thereby quantifying health chances (as a result of lifestyle adaptations). Fitsurance translates these health variables into practical hands-on lifestyle recommendations adapted to an individual's goals and wishes. For additional support, knowledge transfer and community building Fitsurance organizes Webinars in which experts (scientist, doctors, trainers, therapists, etc.) cover subjects related to health, lifestyle, sports and exercise.

Data-driven Lifestyle Coaching

Fitsurance currently focuses on enabling lifestyle coaches to perform data-driven lifestyle coaching. More precisely, the data-driven lifestyle coaching will function through an interoperable API that enables a unique double sided decision support system that takes both inputs from coach and coachee into account and gives automated science-based health advice based on biomarkers. The digital lifestyle coaching will be developed to have a seamless fit with the current reimbursed combined lifestyle interventions and thereby contributing to solving the problem of the currently 10 million chronically ill individuals in the Netherlands, from which the majority are lifestyle-related.

Fitsurance is looking for an intern in Health- and/or Human Movement Sciences.

This internship combines several techniques such as health promotion, exercise stimulation and personalized exercise prescription. The outline of the internship is quite broad. We're very interested to hear your ideas and use your creativity! We've had interns from several disciplines, we urge you to apply if you have a good fit with this project (even if your specific study is not mentioned). In this internship you will deal with these questions both from a scientific and practical point of view. You will investigate the current state of scientific literature with regard to lifestyle, disease and prevention and translate this to hands-on lifestyle adaptations.

Your internship at Fitsurance will include the following activities:

- Searching for and reading scientific literature with regard to non-communicable diseases, disease prevention, lifestyle medicine and other topics in this area
- Investigating self-assessment tools (this may include questionnaires, home-based exercise and balance tests) to include in the lifestyle coaching
- Create hands-on lifestyle adaptations (based on scientific literature)

What does Fitsurance offer you?

- The opportunity to work with a young, driven, ambitious and multidisciplinary team (with several interns)
- A cool start-up culture
- A desk at our office with a weekly lunch with other start-ups
- Freedom to come up with your own input (which we actually listen to!)
- We have a lot of experience with interns
- You will feel at home with us
- Team Events
- No 9 to 5 culture