

How can it help health interventions?

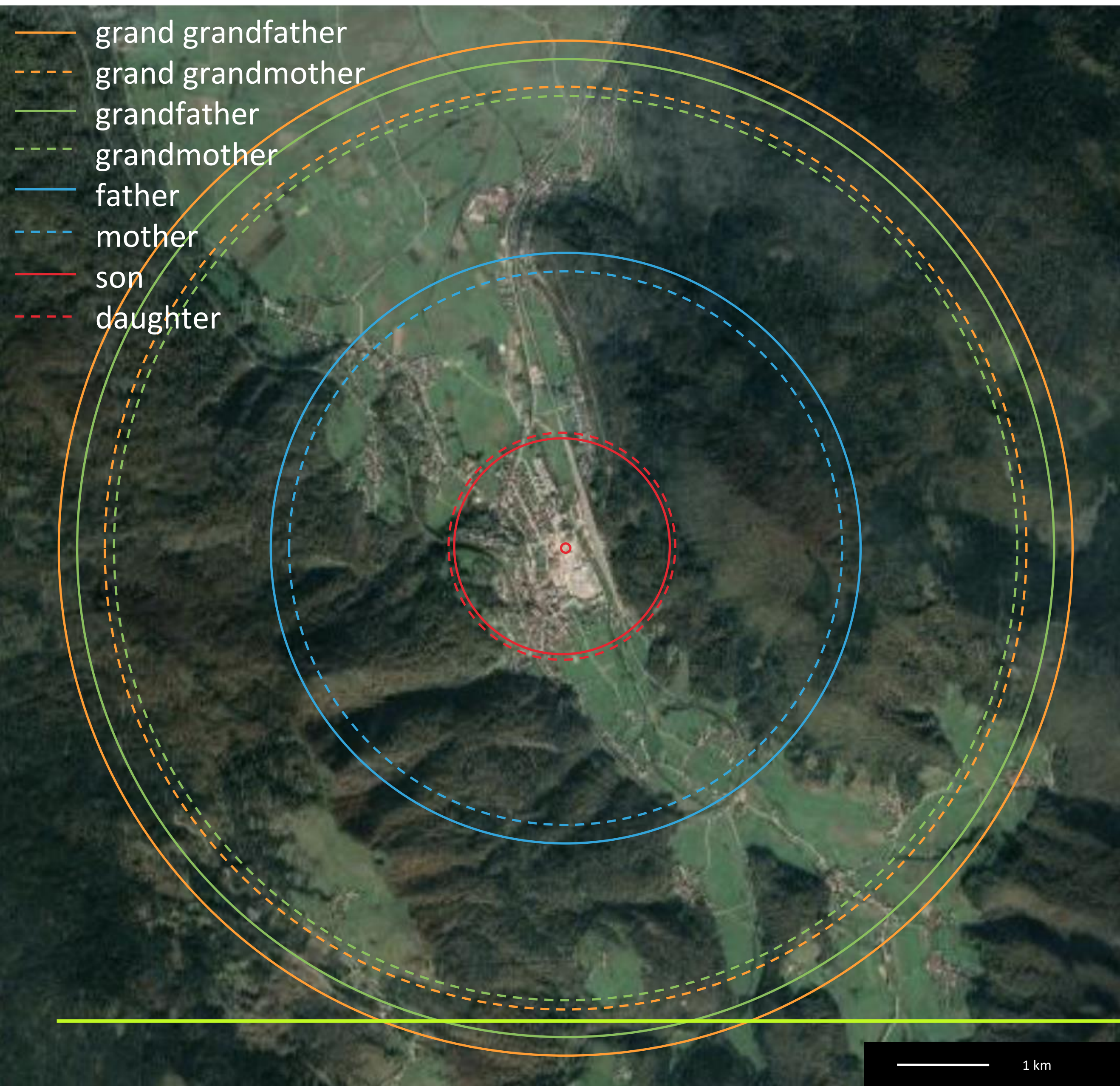


---

**Physical fitness monitoring**

---





## We need interventions, BUT...

- they need to be effective...
- they need to be long-lasting yet sustainable...
- they need to be adaptable...
- we can't assume anything works...
- we need to monitor progress and outcomes...
- we need to provide feedback...

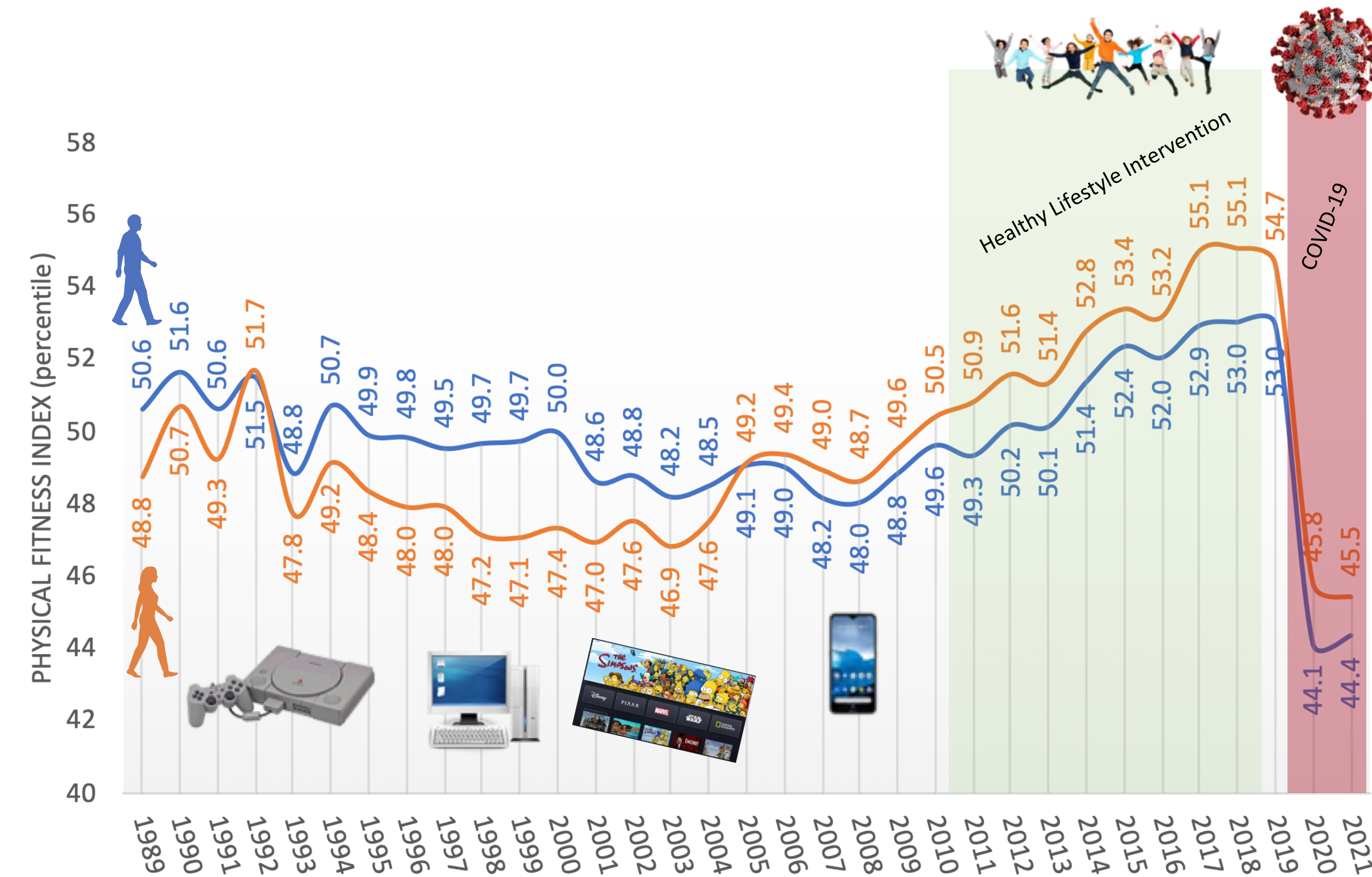
so, how can we do it?



# We need interventions, BUT...

- they need to be effective...
- they need to be long-lasting yet sustainable...
- they need to be adaptable...
- we can't assume anything works...
- we need to monitor progress and outcomes...
- we need to provide feedback...

so, how can we do it?



# In Slovenia, we have SLOfit...



1982

**7,900,000 +**  
SETS OF MEASUREMENTS

**1,000,000 +**  
INDIVIDUALS

**45 +**  
COHORTS

**13 YEARS**  
OF TRACKING EACH INDIVIDUAL'S DEVELOPMENT

**220,000 +**  
MEASUREMENTS EVERY YEAR

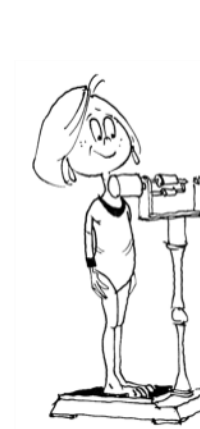
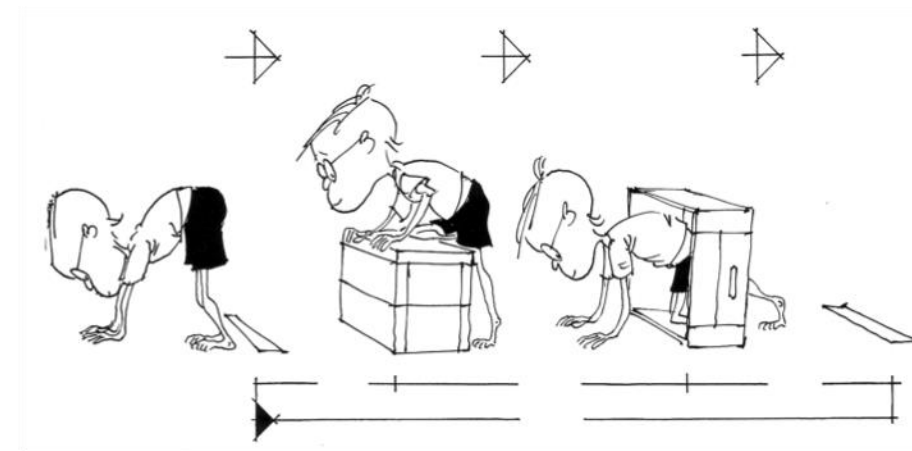
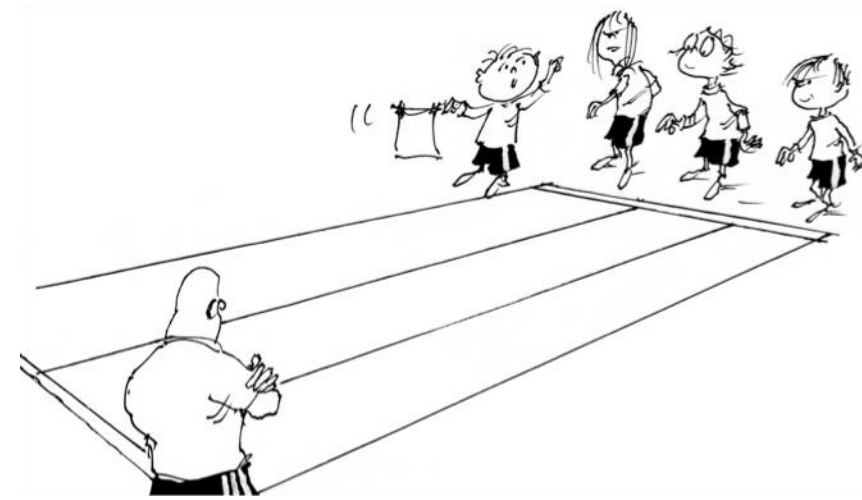
**6 to 19**  
AGE-SPAN

**2022**



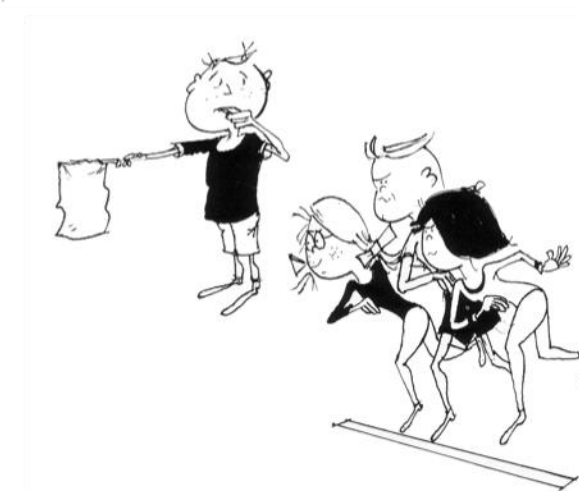
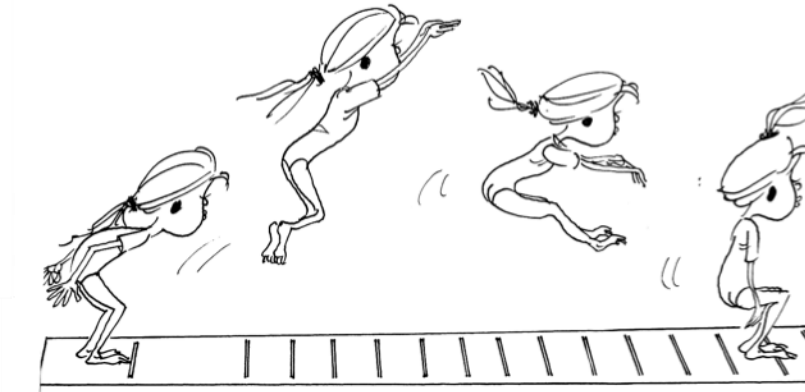
Every **April**

REGULAR



**3** ANTHROPOMETRIC MEASUREMENTS

**8** FITNESS TESTS



All schools

INTEGRATED

One protocole

UNIFORM



# In Slovenia, we have SLOfit...

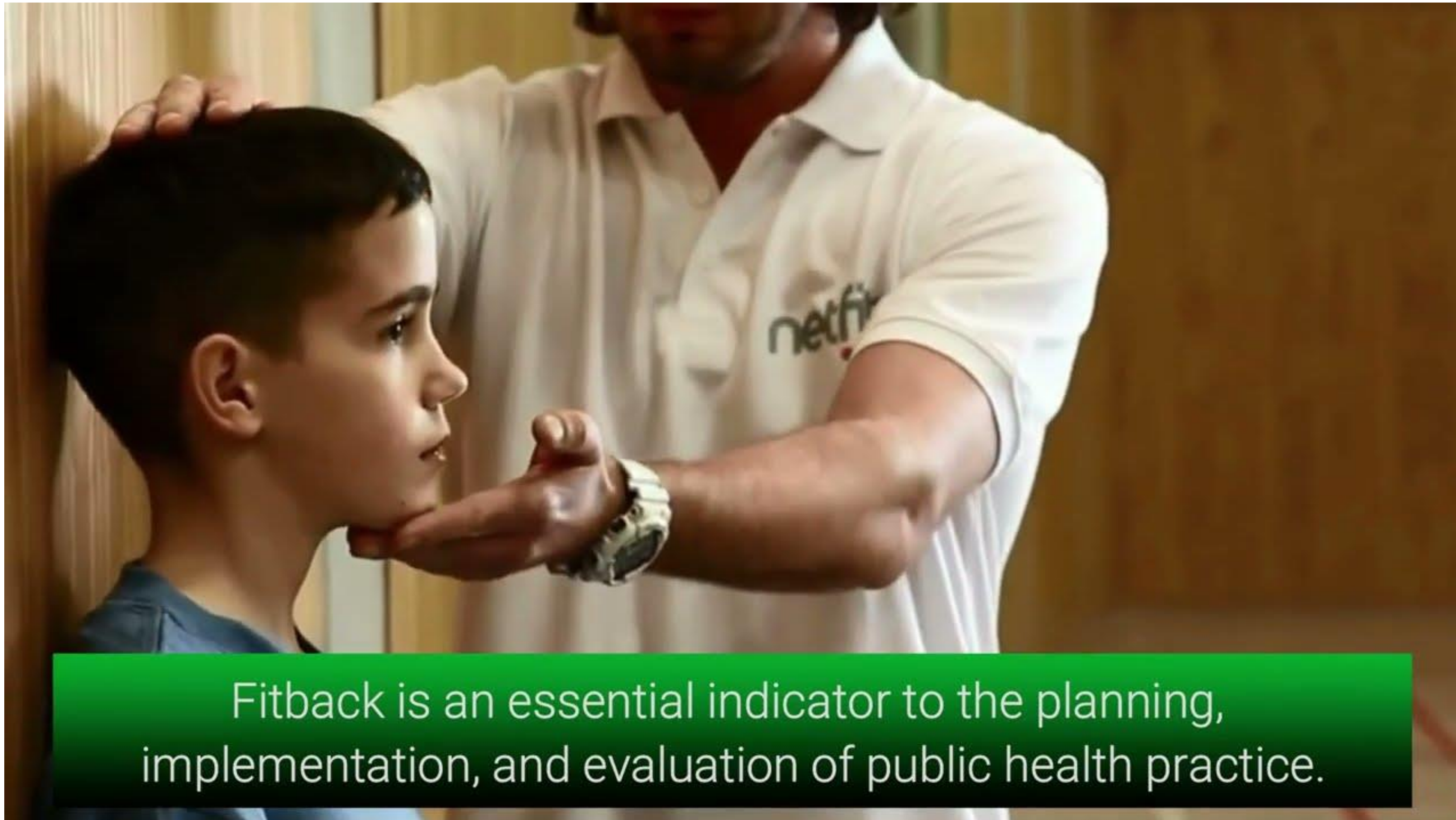




---

...BUT, if you don't have a monitoring system, you can use...

FitBack ↶



Fitback is an essential indicator to the planning, implementation, and evaluation of public health practice.

---

[www.fitbackeurope.eu](http://www.fitbackeurope.eu)

<https://www.fitbackeurope.eu/en-us/monitoring-fitness/10-step-to-design>

<https://www.youtube.com/watch?v=0t2Zbz2z5ho&t=1s>



**Do, what you know...**

**...know, what you are doing**

**THANK YOU**