



## SEVENTH NEWSLETTER POLARIS

We are happy to send you the seventh newsletter of POLARIS. In this Christmas edition we inform you about the progress of the study. We wish you a Merry Christmas and a happy New Year!

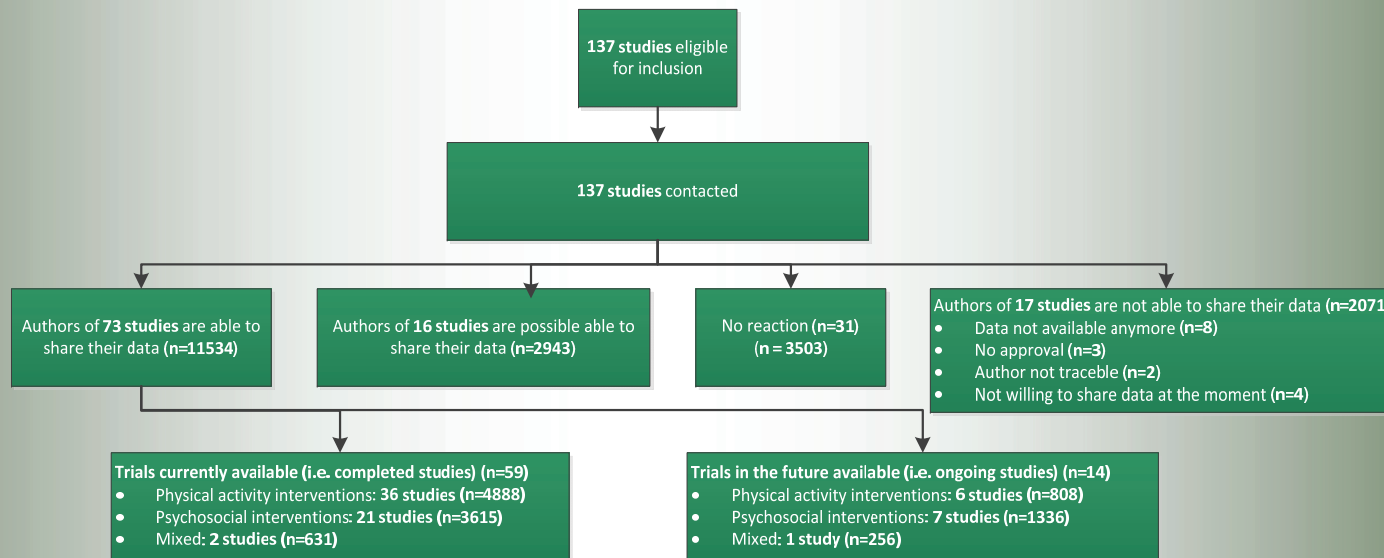


## Study inclusion POLARIS

**W**e present you the flow chart of the study inclusion for POLARIS (Figure 1). To date, we have 73 studies of which the principle investigators are able to share the data with POLARIS. Of the studies currently available (i.e. completed studies), 36 studies are physical activity interventions, 21 are psychosocial interventions and 2 studies are multimodal interventions combining exercise and social support.



## Figure 1: Flow chart of study selection



## Collaborators meeting

For all collaborators who are not able to come to Amsterdam on July 8th 2014 to attend the POLARIS collaborators meeting, we aim to facilitate a web conference. More information about the POLARIS collaboration meeting including the invitation e-mail will follow in the first quarter of 2014.



## MERRY CHRISTMAS AND A HAPPY NEW YEAR!



We would like to wish you all a Merry Christmas and a very happy New Year!

Sincerely, the POLARIS Steering Committee,

Laurien Buffart, Johannes Brug, Irma Verdonck, and Joeri Kalter

## For further information please contact:

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