

# PREVENTION

## A HEALTHY START IN LIFE

### PULSE – DAILY HIGH-INTENSITY TRAINING FOR THE LOWER SECONDARY SCHOOL

#### Purpose:

- The project integrates daily high-intensity physical training for grades 6-9 to enhance health, well-being, and learning readiness.

#### Intervention:

- Students participate in mandatory morning activities like running, strength training, and ball games, with active teacher involvement to strengthen student-teacher relationships. Training software is used that measures physical activity in the form of heart rate.

#### Outcomes:

- Increased physical activity: Students achieved an average of 52 minutes of daily physical activity, surpassing national guidelines.
- Enhanced focus and well-being: Measurable improvements in concentration, mood, and classroom performance were observed after morning sessions.
- Positive social impact: Strengthened social bonds and increased energy levels were reported, with 89% of parents expressing positive feedback.

#### Next steps:

- PULS has been implemented in several schools. The project is further developed into 'The School of the Future'.
- Iqniter has great success in workplaces with the same solution.



#### PARTNERS INVOLVED

- University College Copenhagen
- Hvidovre Municipality
- Just Human
- Iqniter