



Co-funded by the  
European Union



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# Fit-Balkans

Improving the Subjective Well-being of Young Women  
in Balkans through Interventions in their Physical Activity

*Fit-Balkans is a cooperation partnership project co-funded by the European Commission. This project aims to change the lifestyle of a group of 400 young women in five countries of Balkans (Romania, Bulgaria, Greece, Serbia, and Macedonia), and on the other hand, the positive effects of this lifestyle change on their physical activity and psychological well-being are measured. It is planned to achieve these objectives through nine work packages, and various deliverables. For more info, please look up the website. And, feel free to ping us by email!*



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