



Basel, November 2025

Invitation to take part in a health check as part of the research project now! – Bring movement into your life

Dear parents, dear children and adolescents,

We would like to invite you to take part in our research project at the Department of Sport, Exercise and Health at the University of Basel. As part of the scientific project *now!*, we aim to observe and better understand the health of children and adolescents over a period of 1.5 years.

In addition to gaining insight into sports science measurement methods, you will receive a detailed report and information about your child's physical health and development. Your child's participation will also help improve and adapt the physical activity programs offered by the Canton of Basel-Stadt (Sports Office) to better meet the needs of local children.

Why participate?

The health check offers a valuable opportunity to have your child's physical development, fitness, and health professionally assessed. After each measurement session, you will receive personalized feedback with the results.

Procedure:

The study includes three measurement sessions over the course of 1.5 years. Each session lasts about 2.5 hours and includes:

- Measurements of growth and body composition (e.g., muscle mass, body fat)
- Strength and endurance tests
- A computer-based test assessing impulse control
- A cardiovascular check (e.g., pulse, blood pressure, ECG)
- Measurements of vascular health
- Questionnaires about well-being, physical activity, and sleep

Who can participate?

We invite healthy children and adolescents aged 12–14 years with higher body weight (above the 90th BMI percentile).

Important notes:

All examinations are voluntary, free of charge, and carried out by trained professionals. Data will be handled confidentially in accordance with data protection regulations and analyzed only in anonymized form. Your child will not receive any direct benefit from participating in this study. However, you will gain valuable insights into sports science assessments as well as a comprehensive evaluation of your child's physical development and health. Moreover, your participation will help us improve physical activity promotion programs in Basel-Stadt.



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Multilingual information:

Further details about the project and translations of this information letter can be accessed using the following QR code:



Registration:

If you are interested, please contact us at now-dsbg@unibas.ch or by phone at +41 61 207 47 66.

We look forward to hearing from you if you have any questions or would like to participate.

Kind regards,

Dr. Ralf Roth & the entire now! team