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## Promoting physical activity using an activity monitor and a tailored web-based advice

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VRIJE UNIVERSITEIT

**Promoting physical activity  
using an activity monitor and a tailored web-based advice**

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan  
de Vrije Universiteit Amsterdam,  
op gezag van de rector magnificus  
prof.dr. L.M. Bouter,  
in het openbaar te verdedigen  
ten overstaan van de promotiecommissie  
van de faculteit der Geneeskunde  
op woensdag 20 mei 2009 om 13.45 uur  
in de aula van de universiteit,  
De Boelelaan 1105

door

**Sander Maris Slootmaker**

geboren te Zaanstad