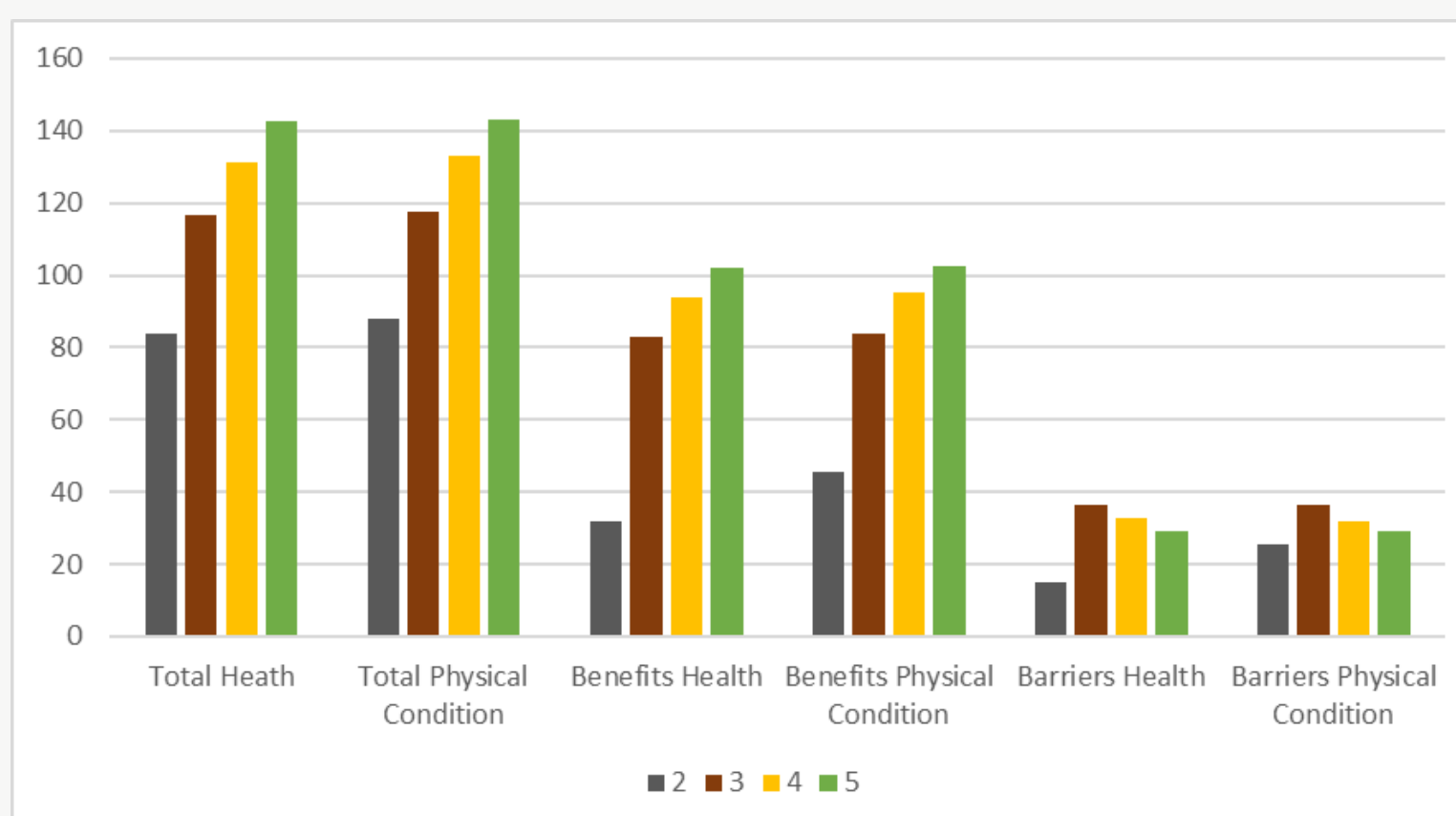


Recruitment: Conducted collaboratively with project partners in Spain, Latvia, and Serbia. 133 participants engaged in the study, with a gender distribution of 44.4% men and 55.6% women.



- **Health perception findings:**
 - Individuals with a healthier and fitter perception.
 - Engaging in physical activity and sports more frequently.
- **Relationship between health perception and activity:**
 - None rated themselves at the lowest health level (1 out of 5).
 - Only 1 or 2 subjects respectively reported at the second level (2 out of 5).
- **Perceived barriers:**
 - Barriers decrease with better health and physical condition.

- **Healthier and more active Individuals:**
 - Individuals with a healthier and fitter perception.
 - Engaging in physical activity and sports more frequently.
- **Enhanced Perceived Benefits:**
 - Those active individuals perceive greater benefits from physical activity and sports.
- **Quantifying the Impact:**
 - A substantial 35.5-point difference in perceived benefits.
 - Between non-participants and those dedicating 7 hours or more per week

