UNIVERSITÀ DEGLI STUDI DI CAGLIARI
FACULTY OF MEDICINE AND SURGERY
DEPARTMENT OF MEDICAL SCIENCES AND PUBLIC HEALTH
SPORT AND EXERCISE SCIENCES

Fondazione di Sardegna

CENTRO UNIVERSITARIO SPORTIVO CAGLIARI

FIBROGENHIIT

Exercise as Medicine in Fibromyalgia

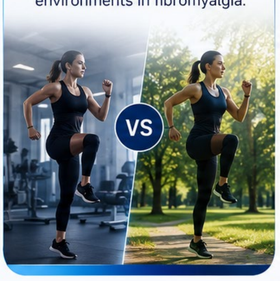
MAIN CHARACTERISTICS OF THE PROJECT

A. PRECISION EXERCISE

Personalized HIIT protocols based on physiological and genetic profiles.

B. INDOOR vs OUTDOOR HIIT

Comparison between indoor and green exercise environments in fibromyalgia.



C. DIGITAL MONITORING

Real-time monitoring of heart rate, HRV, symptoms and recovery through wearable technologies and mobile app integration.

D. MULTIDISCIPLINARY APPROACH

Sports medicine, rheumatology, psychiatry, genetics, cardiology and exercise sciences working together.

FUTURE PERSPECTIVES

1 FIBROGENHIIT METHOD GYMS

- Certified Fibrogenhiit METHOD gyms specialized in fibromyalgia care
- Trained professionals and standardized protocols
- Digital monitoring and continuous outcome evaluation
- A network of centers to bring precision exercise therapy closer to patients

MAKING PRECISION EXERCISE ACCESSIBLE, SAFE AND SUSTAINABLE.

2 JOIN A MULTICENTER STUDY ON PRECISION EXERCISE IN FIBROMYALGIA (FIBROGENHIIT©)

RANDOMIZED CONTROLLED TRIAL (RCT)
Developed at the Department of Medical Sciences and Public Health, University of Cagliari (Italy), under the coordination of Professor Myosotis Massidda, with the support of Fondazione di Sardegna.

INTEGRATED "EXERCISE AS MEDICINE" PLATFORM
Combining exercise physiology, autonomic regulation, genetic profiling, and environmental modulation (indoor vs outdoor) to deliver individualized therapeutic strategies.

BEYOND ONE-SIZE-FITS-ALL
A mechanism-based, biologically informed, and data-driven approach, grounded in physiological phenotyping and gene × environment interactions.

DIGITAL HEALTH & AI-READY INFRASTRUCTURE

Supported by a dedicated mobile application for real-time monitoring of training sessions (heart rate, HR recovery, symptoms), standardized data collection, and centralized database integration.

Designed to support advanced analytics, including future AI-driven models for adaptive exercise prescription and clinical decision support.

PRECISION | PERSONALIZATION | INNOVATION | COLLABORATION | IMPACT

Discover more about the project
www.fibrogenhiit.com

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FibrogenHIIT