



## Active Life Lab

### XAMK ACTIVE LIFE LAB

Active Life Lab is a research and development unit of the South-Eastern Finland University of Applied Sciences (Xamk). The lab is located in the city of Mikkeli.

Our mission is to improve people's health through effective wellbeing services. We use scientific research methods to solve real-life challenges in preventive wellbeing services. We measure the effectiveness of health and wellbeing interventions in practice and use the data to co-create new services and business models in close co-operation with our partners in the public and private sectors in Finland and abroad.

### OUR TESTING SERVICES

We offer testing services for companies to measure the health and wellbeing effects and user experience of their products and services. Our digital Hyviö\* platform is used to gather and analyse data from end-users\*\*.

#### Testing environment

- The test can take place in various environments depending on the target group and the service/product to be tested (etc.)
  - o for example, end-users' daily life (e.g. apps, wearable tech), end-users' home (devices) or Active Life Lab Smart Gym

#### Testing protocol

- Defining the impact chain of the product/service
  - o Goals
  - o Target group
  - o Key results and metrics
- Recruiting the end-users
- Testing period and gathering data from the end-users
- Analysis & Report

The concrete outcome of the test is a report on the service/product effectiveness, including a short scientific perspective, the aim, methods, results, a short discussion, and conclusions, and the core current advantages and suggested developments for the project/service. The report is usually between 5 and 15 A4 pages long. The results are discussed with the company to make sure that all the results and conclusions are understandable.

*\* Hyviö is a digital platform (mobile app & web dashboard) for measuring service effectiveness and quality. The data is gathered from end-users using a mobile app. On the dashboard, Hyviö displays a visualized analysis of the service effectiveness of your company by customer and service.*

*\*\* The end-users in our network are mainly Finnish-speaking (especially the ageing ones) and therefore the products/services to be tested should preferably have Finnish language versions. The end-user pool for English language products/services is limited.*

## ACTIVE LIFE LAB IS EQUIPPED WITH STATE-OF-THE-ART RESEARCH FACILITIES

The facilities of the Active Life Lab offer opportunities to measure the effectiveness of activities targeted to improve human wellbeing. The information provided by the various indicators can be used to find out how the effectiveness of the activities varies in different customer groups. The information can be used to aim the activities at the customers who will get the most benefit from them. The information collected helps companies develop solutions that have a measured impact on human wellbeing.

- Smart Gym – Combining strength and cognitive training in novel exergames. Cardio and weight training with state-of-the-art smart devices. Suitable for individuals and for group training.
- Testing Lab – Advanced physiological and biomechanical analyses during exercise and at rest. Instrumented treadmill with VR and weight unloading, cycle ergometers, isometric strength testing devices, VO<sub>2</sub> max measurement with indirect calorimetry.
- Virtual reality wall – Meetings in the middle of a Finnish forest landscape. Functional cognitive games on a touch wall. Neurological rehabilitation with VR games.

### Contact

Viljo Kuuluvainen, RDI Specialist

[viljo.kuuluvainen@xamk.fi](mailto:viljo.kuuluvainen@xamk.fi)

<https://www.xamk.fi/en/rdi/active-life-lab/>

