



XAMK

Active Life Lab

Active Life Lab

South-Eastern Finland University of Applied Sciences (XAMK)

Arto Pesola, PhD,
Director



XAMK





Saimaa Stadiumi Oy:

- Restaurant
- Sport facilities
- Events
- Wellbeing services



Xamk Active Life Lab:

- RDI
- Education: Wellbeing management
- Regional preventive health collaboration
- Wellbeing service platform for local companies

Kalevankangas
wellbeing
campus



PROJECTS: RESEARCH & PRACTICE

XAMK
Active Life Lab



OPTIMUS: A Randomized Controlled Trial to Influence Sustained Glycaemic Control by Reducing Muscle Inactivity Time in Middle-Aged and Older Office Workers with Type 2 Diabetes

Academy of Finland
Collaborators: Baker Heart and Diabetes Institute, Melbourne, Australia; University of Jyväskylä



Ministry of Education and Culture

FREERIDE: Children's independence and equality in mobility and physical activity following a free bus ride – experiment in the city of Mikkeli

Ministry of Education, Science and Culture,
Partner: Aalto university



European Union
European Regional Development Fund

CARVE: Circadian Activity Revitalizing Vocational Energy

European Social Fund
Partners: KU Leuven University (Belgium), Idein Ltd. research institute (Bulgaria)



European Union
European Regional Development Fund

HyviöPRO – Wellbeing service effectiveness platform

European Regional Development Fund



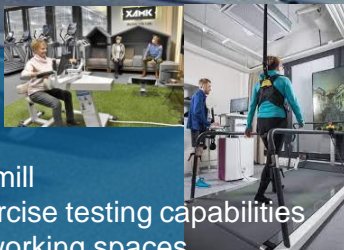
European Union
European Regional Development Fund

Wellbeing innovations from wood materials

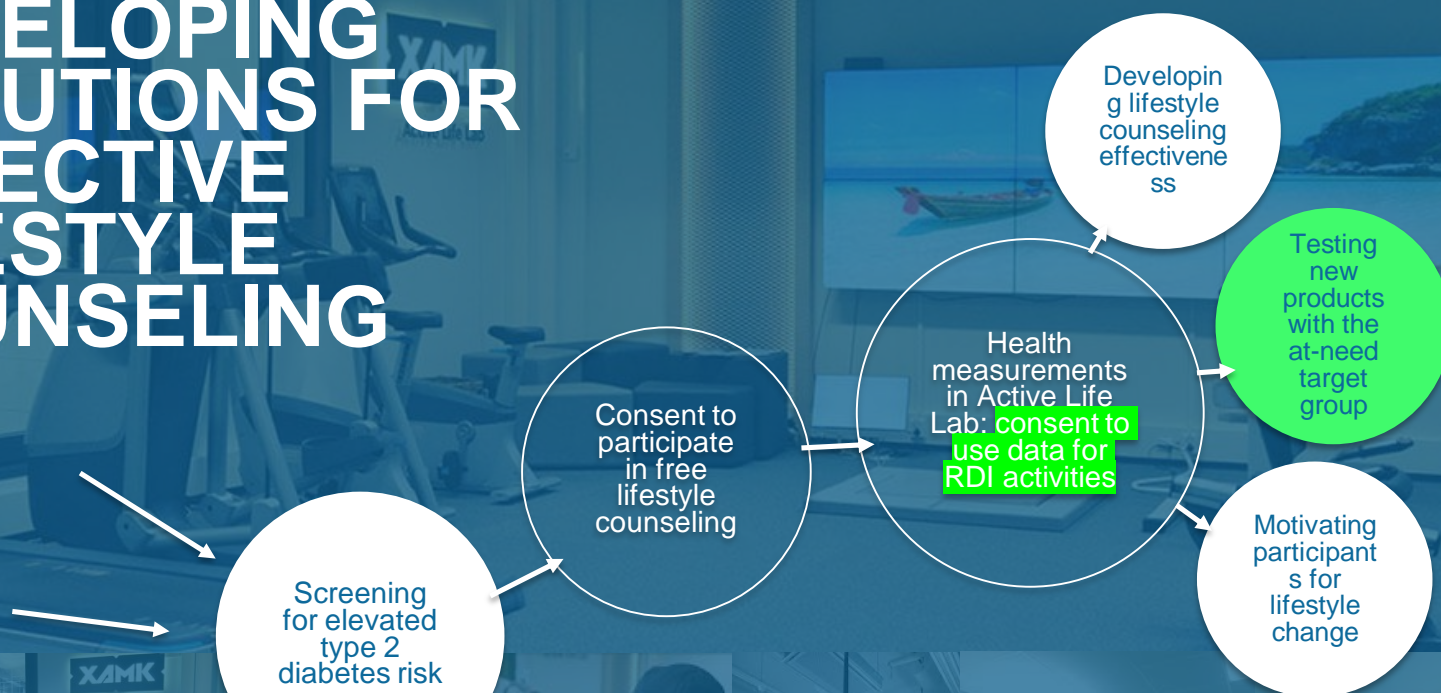
European Regional Development Fund

Facilities

- Smart gym
- Instrumented treadmill
- Research-level exercise testing capabilities
- Lecturing & group working spaces



DEVELOPING SOLUTIONS FOR EFFECTIVE LIFESTYLE COUNSELING



Screening for elevated type 2 diabetes risk

Consent to participate in free lifestyle counseling

Health measurements in Active Life Lab: consent to use data for RDI activities

Testing new products with the at-need target group

Motivating participants for lifestyle change

Developing lifestyle counseling effectiveness



DEVELOPING SOLUTIONS FOR EFFECTIVE LIFESTYLE COUNSELING



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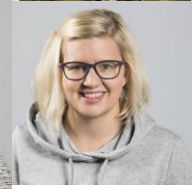
For Lifelong Strength

**BUSINESS
FINLAND**

EXERCISE PHYSIOLOGY & HEALTH SCIENCES



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IT- DEVELOPMENT

BUSINESS DEVELOPME NT

WELLBEING TECHNOLOGY

PHYSIOTHER APY

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