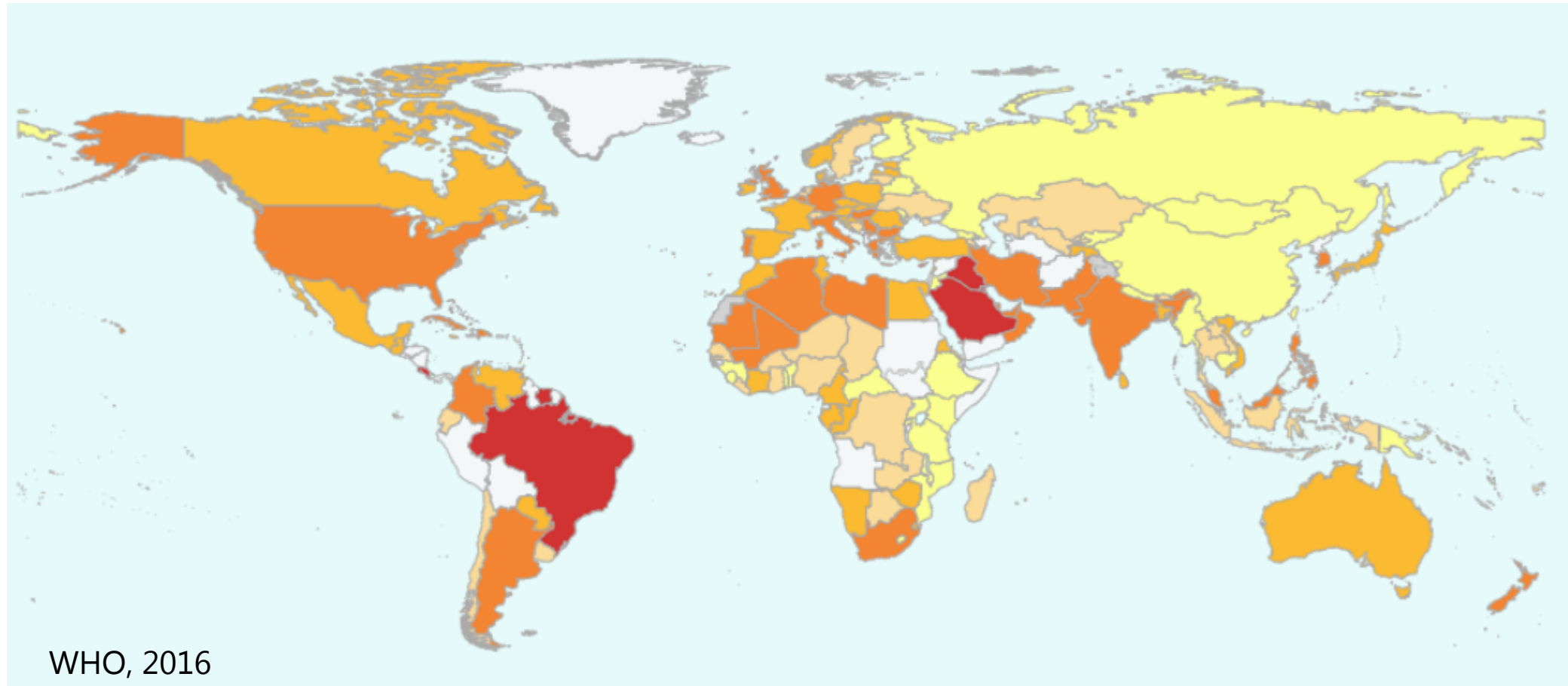


# Using commercial activity tracker in physical activity research

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# Physical inactivity level is high worldwide (Guthold et al, 2018)



# FitMum Study

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## Themes

### Research Projects

- > The Artificial Pancreas
- > FitMum
- > EEG-based Alzheimer Diagnosis
- > RADMIS
- > GazelT
- > Detection of mortality after cancer surgery
- > MONARCA II
- > Motivating Physical Activity
- > SCAUT
- > Sound & Health
- > REACH
- > REAFEL
- > Biometric Healthcare Research Platform
- > The Phy-Psy Trial
- > TEAM
- > PACE
- > Research Hub for Digital Enhanced Living

### PhD Projects



## FitMum: Fitness for good health of mother and child

There is a gap in evidence and practice towards tackling the significant public health issue of being physically inactive during pregnancy, and the vision of the FitMum project is to increase physical activity among Danish pregnant women. FitMum is

### Funding



### PARTNERS

- > University of Copenhagen
- > Nordsjælland's Hospital
- > Technical University of Denmark
- > Aarhus University
- > Deakin University
- > University of Graz

# Why do we need to measure Physical Activity PA?

- In research it is important to detect/measure the amount that create the effect
- To report the result in meaningful and scientific way

# How to measure PA?

- Subjective methods
- Objective methods

Physical activity level determine by commercial activity tracker (Garmin Vivosport).



## Study goals

- How to implement physical activity in pregnant women's everyday life
- The validity of commercial PA tracker
- Effects PA intervention on sleep quantity and quality as
- Effects PA level of mothers in one year after delivery

# Thank You!

