



THE FUTURE OF FITNESS.

Outcome of medical pilot test H2 2018

Medical test - purpose to document;

- Long term health effects of Me-Mover training
- Changes in balancing ability, core stability, coordination
- The retention potential of Me-Mover training for an overweight, inactive group of people



Medical test, test persons and main coach (Sandra Rasmussen)

Medical test process

- 8 selected participants (3 women 5 men)
- 12 weeks course (August 23 to November 23, outdoor)
 - 30-minute training every day at Me-Mover (self-administered)
 - 2 x 1.5 hour group training weekly, outdoors at Me-Mover
- No prescribed change of diet or lifestyle beyond training



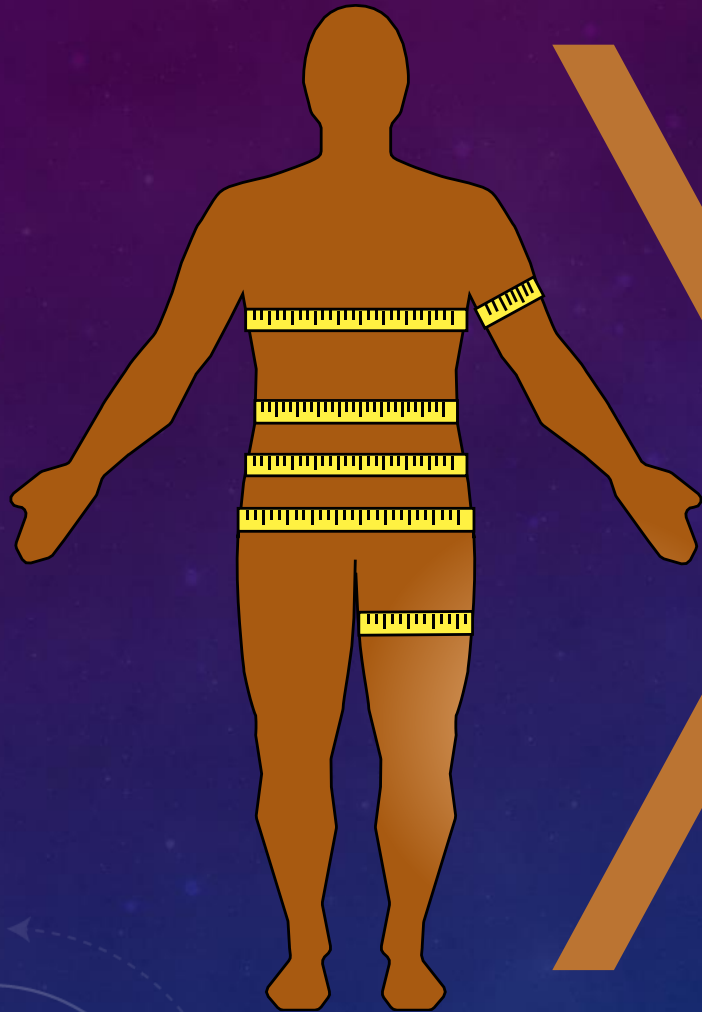
Medical test, evaluation and written tests (with Professor Kaj Werner, Københavns Universitet)

MEDICAL TEST AND THE EXPECTATIONS

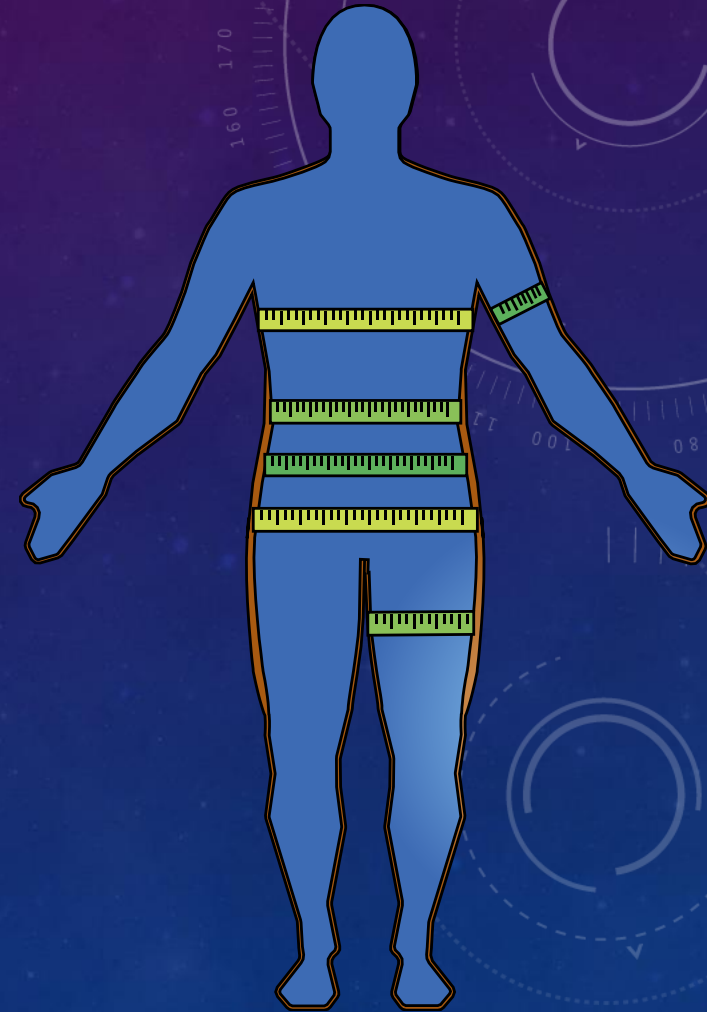
- Drop out - expected that 1-2 people would drop out of test
- Body Measurement and Weight - Weight Loss for some people, and weight gains for others *
- Increased stability and balance of the participants (measured by SRT test)
- Better health and quality of life (measured by AF-12 test)
- Blood test, health markers - measurable effect on blood sugar and cholesterol and metabolism

Results

Body measurements and weight before and after 12 weeks



Arm -8,3%
Chest -3,7%
Stomach -5,9%
Stomach / belly -7,9%
Thighs -5,3%
Weight -4,3%



- 100% succeeded in reducing weight & 100% succeeded in reducing body measurements!

EXTRAORDINARILY IMPROVED POSTURE + BODY BALANCE



BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER

MAJOR IMPROVEMENTS IN BODYWEIGHT & -MEASURES

ALL participants	DATE	BMI	WEIGHT	ARM	CHEST	LOWER CHEST	STOMACH (visceral)	HIP	THIES	ALL MEASURES
Start	8/30	31.8	99	33	104	99	107	102	61	506
End	11/20	30.4	95	31	100	93	98	99	58	478
Difference (in units)		-1.4	-4.3	-2.8	-3.9	-5.8	-8.1	-3.9	-3.2	-27.6
Difference in %		-4.4%	-4.3%	-8.3%	-3.7%	-5.9%	-7.6%	-3.8%	-5.3%	-5.5%
% of participants with improved measures		100%	100%	100%	100%	100%	100%	88%	75%	100%

- All test subjects lost weight 4,3 kg - 4.3%
- All test subjects improved body measurements 28 cm - 5,5%
- All had significant reduction of visceral fat-layer 8.1 cm - 7.6%
- Achieved without diet change and mainly self-administered exercise

SRT TEST: COORDINATION + BALANCE + FLEXIBILITY + STABILITY

- Sit down and stand up test - test for "muscle-skeletal fitness" predicts mortality risk for all causes over the next 5 years.
- Measures Coordination, Balance, Flexibility and Stability
- Test procedure (start and maximum points= 10 points)
 - Sit down on the floor with as few support points as possible.
 - Each support (hand, knee..etc.) gives 1 minus point
 - Each loss of balance / instability gives 0.5 minus point
 - Each 1 point improvement between test occasions = 21% higher survival rate the next 5 years

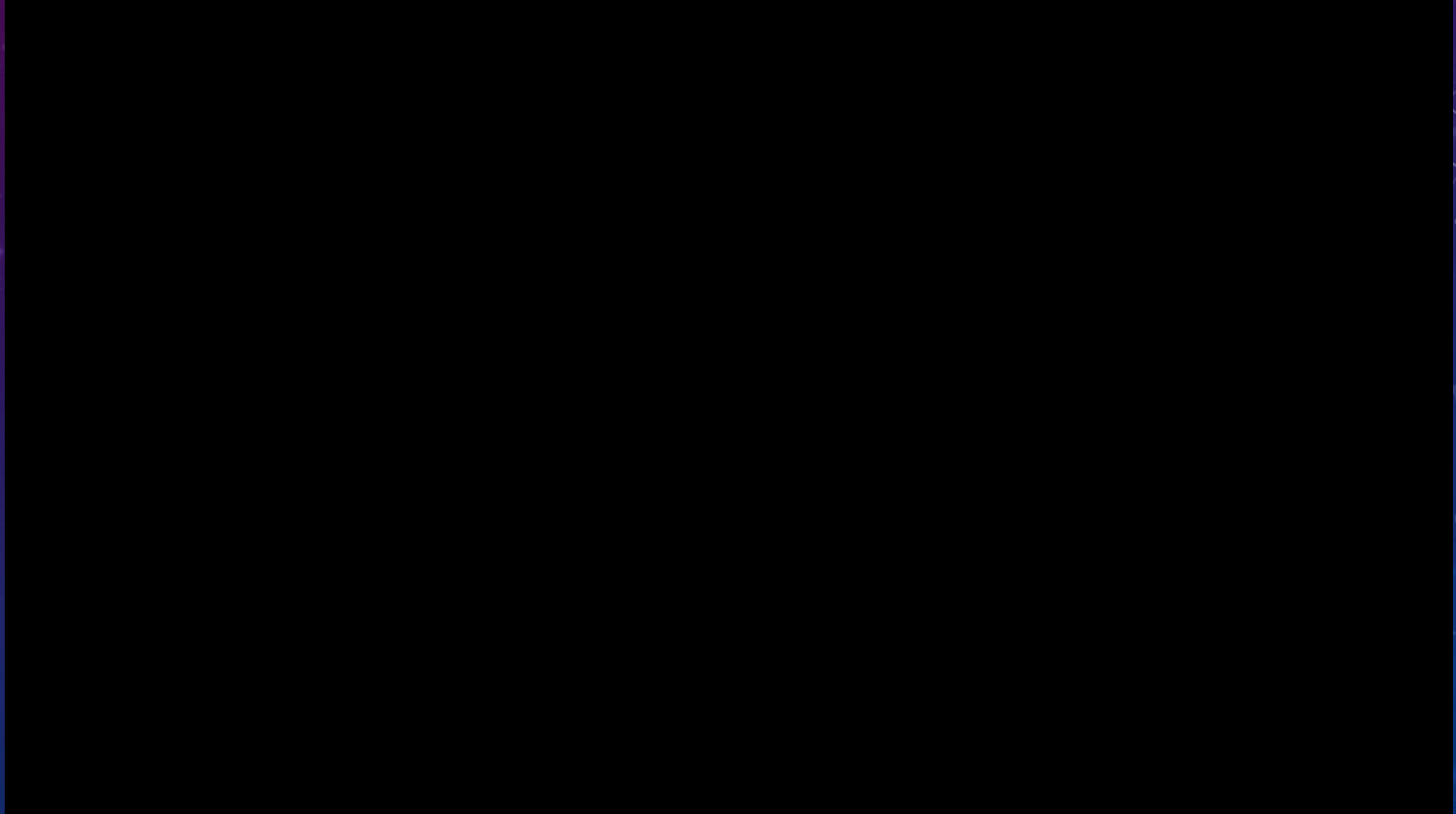
SRT TEST – ILLUSTRATION



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SRT TEST – TESTSUBJECT ME-MOVER

- ILLUSTRATION / MOVIE CLIP



SRT - RESULTS

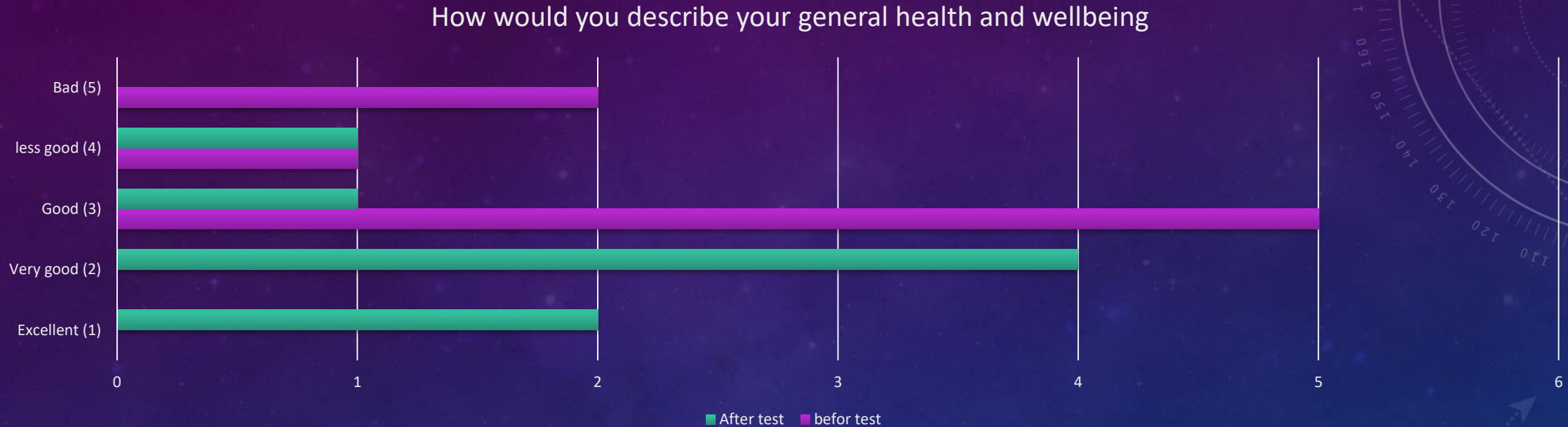
SRT SCORE	CRITICAL	BAD	AVERAGE	GOOD	DIFF.
Test 1	1	1	5	1	
Test 2	0	0	2	6	↑ 1.8
person 1			1	1	↑ 1.5
person 2			1	1	↑ 1.0
person 3			1	1	↑ 2.0
person 4		1	1		↑ 2.0
person 5	1		1		↑ 3.0
person 6				1	↑ 1.0
person 7			1	1	↑ 2.5
person 8			1	1	↑ 1.5

- All test subjects (100%) improvement significantly
- Average improvement is 1.8 points per subject
- Biggest improvement, from 3 to 6 reduced mortality risk of 63% the next 5 years

Conclusion; Me-Mover training provides a uniquely remarkable improvement in balance, flexibility, stability and coordination which corresponds directly to life-quality and longevity

SF 12 "QUALITY OF LIFE"

STANDARD SELF ASSESSMENT SURVEY OF PHYSICAL AND MENTAL HEALTH – BEFORE AND AFTER TEST



8 out of 8 (100%) reports a significant improvement in general health
6 reported "less good" or "bad" health before the test, 0 after

Preliminary results:

Me-Mover training have an exceptional impact on wellbeing and health

SF 12 “QUALITY OF LIFE”

STANDARD SELF ASSESSMENT SURVEY OF PHYSICAL AND MENTAL HEALTH – BEFORE AND AFTER TEST

7. How often in the last 4 weeks, have you been hindered to meet other people (family, friends) due to physical or psychological issues



After test; 7 out of 8 reports they never are hindered by psychological or physiological issues after the test, versus only 2 before the test. Very strong indication of radically improved mental and physical health

BLOOD VALUES AND MARKERS - POSITIVE INDICATIONS

All		Hgb A1C	TSH	Cholesterol (HDL+LDL)	Tri- glyceride	Blood-sugar
Before test	August	41,5	2,5	5,2	1,2	6,9
After test	November	38,5	2,2	5,1	1,4	6,3
Difference (values)		-3,0	-0,2	-0,1	0,2	-0,6
Difference (percentage)		-7,2%	-9,8%	-1,7%	13,2%	-8,5%
Percentage of participants with improved values		50%	38%	63%	38%	75%

- Blood sugar 75% improved, 50% improved "long blood sugar"
- HgbA1C cholesterol; 63% of the participants have lowered values
- TSH metabolism, 38 % show improved values
- The test indicates positive impact on blood values / health indicators
 - Will need bigger sample group for statistical certainty of results

MEDICAL TEST –DOCUMENTED RESULTS

- Dropout - 0%, training is gentle and promotes retention in training
- Body measurements + weight - 100% success and very strong results
 - weight loss from 2 - 9% (average 4.3%)
 - 8% loss of visceral fat
- Stability, balance, coordination – measured by SRT test
 - Significantly increased stability and balance of all participants
- SF-12 "quality of life" self assessment standard form
 - Clear improvement in perceived health, fitness, energy and mental state
- Blood values
 - good indication of improvement of blood values