



THE GOTHEBURG  
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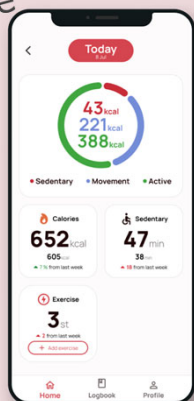
# How does my daily physical activity affect my health? – a lifestyle app made for people with SCI

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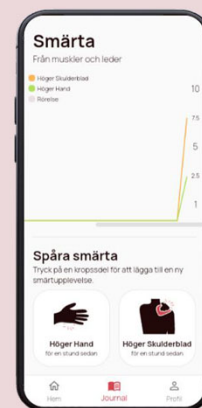
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## The two parts of the app

Activity level and energy expenditure



Logbook for complications

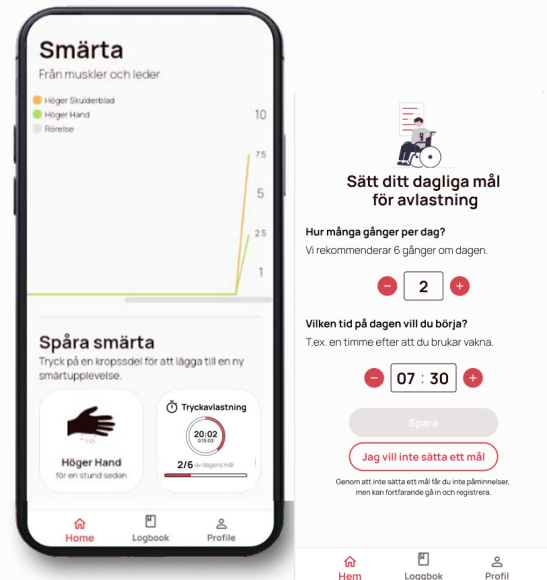


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## Manual measurements

If you don't have a FitBit you can

- log complications
- see statistics for the logbook entries
- get reminders at specific times or intervals
- set goals.

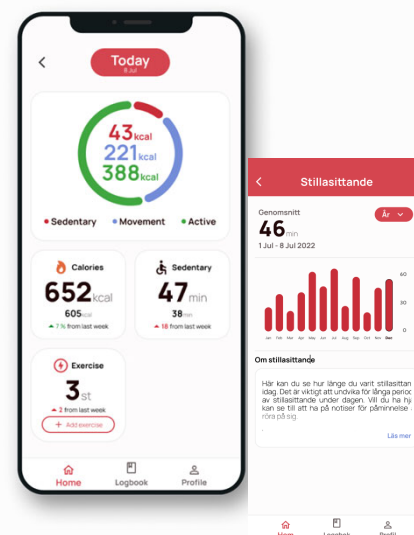


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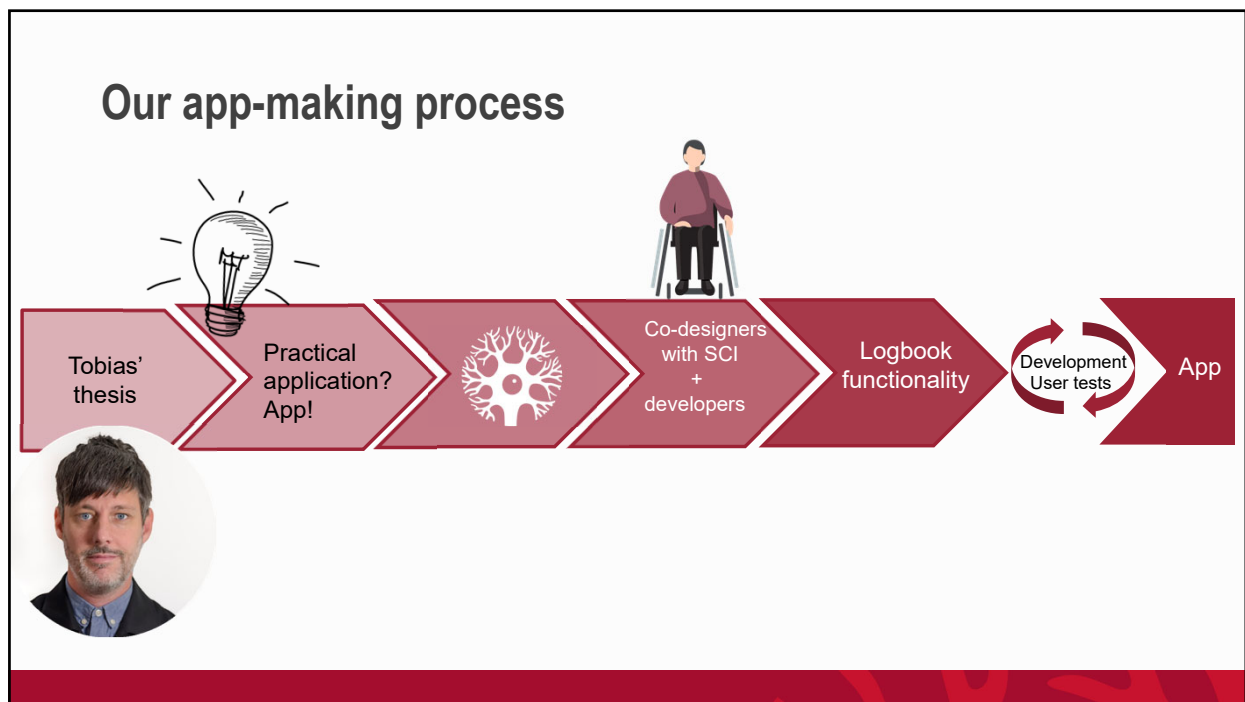
## Automatic measurements

If you have a FitBit you can

- see your current activity data and trends
- see statistics over time
- compare your activity data with logbook entries
- get reminders to move if you've been inactive.



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## Co-design

People living with SCI have been involved in every stage of the process:

- Testing the activity algorithm
- Designing the app
- Testing the app

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## An evidence based app for persons living with SCI



**Automatic measurements** are made using data from Tobias Holmlund's thesis: *Energy Expenditure and Accelerometer Cut-points for Sedentary Behavior and Physical Activity in Spinal Cord Injury – Implication for Guiding and Prevention*

[Full text available](#)

**Manual measurements** are based on lived experience and clinical guidelines (which are evidence based).

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Thank you!  
Let us know if you want updates about the app 😊

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