



GYMBA ACTIVATION BOARD

User test by Testing Lab

Test background:

Ten persons tested Gymba activation board for one month in a real-life situation. Each person had a standing desk and Gymba activation board during each working day. Some of the users were physiotherapists by profession. Gymba activation board was used 5-6 hours per workday.

Test results were gathered by interviews (user feedback) and actual measurements. Following information was measured each morning:

- Morning weight
- Resting heart rate (while standing)
- Fitness test by Polar heart rate monitor (VO2max)
- Flexibility test (forward bend)



Based on these daily measurements, following results were achieved:

- Weight loss 0,23 kg (range of -0,9 kg – +1,3 kg) on average
- Maximum oxygen uptake (VO2max) improved 0,88 (range of -2 – +5) on average
- Resting heart rate lowered by 4,5 beats (range of -8 – -2) on average
- Flexibility (forward bend) improved for 9 of 10 persons

General feedback from users after the test period:

- Reduced muscle pain and tension
- Helped to keep a better posture
- Legs are less sore after a long day of standing
- Muscles don't get sore
- Gymba board massages feet comfortably, when using without shoes
- Muscles feel more flexible
- Standing while working became pleasant
- Gymba was surprisingly sturdy and enabled me to work normally
- Using the Gymba had a positive effect on my day
- Ankles, calves and buttocks became more flexible
- Standing on the Gymba was more comfortable than standing on the floor

All those who tested the Gymba activation board were going to continue using the product after the test and all of them would recommend it to their friends. Gymba activation board was awarded by Testing Lab certificate due to excellent test results and feedback.

10 Benefits of using GYMBA

by Harri Helajärvi, MD PhD.

- 1)** Prolonged sitting is not good for our metabolism. It increases the risk of obesity, type 2 diabetes, metabolic syndrome, fatty liver, cardiovascular diseases, selected cancers and premature death. Already breaking up sitting (e.g. every 30, 40 or 60 mins) is good for health. GYMBA provides an easy option to break up sitting.
- 2)** Standing on a hard floor may easily cause pain in feet and lower extremities preventing us from standing. GYMBA provides a platform that is easier, smoother and more comfortable to stand on, making standing a more tempting option.
- 3)** While sitting our energy consumption is close to the resting metabolic state (1-1.5 METs). Standing up is already more energy consuming (with 25-50%), and by using GYMBA one can potentially increase energy consumption even more, and for longer periods.
- 4)** Constant and prolonged standing is not good for our physiology either, as it may reduce venous blood flow from the lower extremities, increasing the risk of varicose veins, oedema and thrombosis. GYMBA, by allowing natural movements in lower extremities while standing improves the muscular pump action and venous blood flow.
- 5)** Standing up for a longer time may not feel comfortable, especially in the beginning. As GYMBA is more convenient to stand on, it allows more prolonged and more comfortable standing sessions and can make an individual choose standing more often over sitting.
- 6)** Poor muscular support of the mid torso and hips, and lower extremity muscle hypertension are often a cause for spinal structure overstrain (e.g. in muscles, joints, ligaments and intervertebral discs). Activating these muscles by GYMBA potentially improves blood circulation and metabolism in these structures reducing the risk of chronic back problems.
- 7)** Individuals with more acute or chronic back problems are known to benefit from small bodily movements and position changes, and they are recommended over plain rest. GYMBA provides an easy and safe way to help this. Many individuals with spinal problems have experienced reduction in back pain while using GYMBA.
- 8)** Prolonged standing may cause strain and back and lower extremity muscle aches. Controlled improvement of core muscle strength is important for any disease of the spine. The two-dimensional movement of GYMBA has the potential to improve the motion and use of muscles in the whole back, but also in the hip area, and to improve the muscular core and hip control.
- 9)** Static positions are never good, not even when standing. Using GYMBA functionality to its full potential by turning it in different positions GYMBA allows movement in various ways and directions. It also works as a leg support and provides stretching help.
- 10)** An adjustable working desk alone does not necessarily increase time spent standing unless it feels good. GYMBA is a simple add-on tool next to the standing desk. For the health and good of the office worker!

Harri Helajärvi

Paavo Nurmi Center, Turku, Finland