

PRESS RELEASE

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Pixformance launches FORTEe avatar-guided exercises for children and young people

FORTEe and Pixformance are announcing the release of the FORTEe exercises on January 31st, 2025, to all Pixformance users, therefore bringing engaging, avatar-guided workouts designed specifically for children and young adults to the innovative Pixformance training platform. The exercises, which were developed by the team at Oxford Brookes University, were created in close collaboration with the coordination team at the University Medical Center Mainz, which assisted with the design and selection. They combine state-of-the-art sensor technology with real-time feedback to enable safe and effective functional training.

The **FORTEe** study investigates whether exercise therapy can help reduce cancer-related fatigue and improve health-related quality of life in childhood cancer patients. For this, the effects on young patients aged 4 to 21 years are being investigated as part of a European clinical intervention study, led and coordinated by a team from the University Medical Center Mainz. Among different approaches, the FORTEe team uses digital, innovative technologies such as augmented reality and telehealth technologies for more effective, age-appropriate and personalised exercise trainings. The Pixformance training platform combines two key components: i) the Pixformance software; and ii) the patented station: a free-standing digital exercise device which uses advanced sensors to track 25 key joint points of the body within seconds. It provides precise, real-time feedback to ensure safe and effective movement executions. With over 500 functional exercises available, the training platform supports both individual and circuit training, making it a versatile tool for fitness and rehabilitation. The FORTEe avatar guides users through their movements, providing real-time feedback. Visual markers and emojis encourage them, making every session a game-like adventure. The avatar-guided exercises, thoughtfully developed as part of the FORTEe project by the Oxford Brookes team, will become available to all Pixformance users on January 31st, 2025, to meet the unique needs of children and young people. Visitors to the [therapro](#) fair in Stuttgart, taking place from January 31st to February 2nd, 2025, are invited to experience a live demonstration of the FORTEe exercises at the Pixformance booth.

Jörg Faber, the principal coordinating investigator of FORTEe and head of the Paediatric Oncology Centre and Scientific Director of the Paediatric Haematology/Oncology/Haemostaseology at the University Medical Center Mainz, comments: *“We are delighted to have the opportunity to test and evaluate the Pixformance Station in Germany, Italy, the UK and France as part of the FORTEe project. The technology introduces innovative ways to engage children through playful visual feedback while enhancing exercise therapy. This provides new opportunities to make rehabilitation both targeted and engaging.”*

Tobias Baader, Chief Operating Officer of Pixformance, reflects: *“The FORTEe exercises are a game-changer in how young people can engage with fitness, seamlessly combining fun with functionality. This innovation represents a significant advancement in supporting healthier lifestyles and/or a journey to recovery for children and young adults.”*

Hayley Marriott, researcher from the Oxford Brookes University team adds: *“The Pixformance station is particularly beneficial for immunocompromised children who cannot participate in group activities due to the risk of infections. With this technology, they can access personalised exercise therapy tailored to their individual needs.”*

The scientists involved in the FORTEe project hope that exercise therapy will be established as standard of care in the future of childhood cancer therapies and that the knowledge gained by the research project may be transferred to other areas of pediatric and adolescent medicine.

About FORTEe

Get strong to fight childhood cancer – An exercise intervention for children and adolescents undergoing anti-cancer treatment

FORTEe is an international research project that brings together 16 institutions from eight European countries. It is one of the world's largest studies in paediatric exercise oncology, receiving funding from the European Union's Horizon 2020 Research and Innovation Grant. The project aims to investigate the effects of a personalised, standardized and age-appropriate exercise intervention on cancer treatment in children and adolescents.

These are the FORTEe partners:

- University Medical Center Mainz (DE)
- Centre de Lutte Contre le Cancer Léon Bérard (FR)
- concentris research management gmbH (DE)
- Fondazione IRCCS Istituto Nazionale dei Tumori (IT)
- Fondazione Monza e Brianza per Il Bambino e La Sua Mamma (IT)
- Forma 3D Ltd. (SI)
- Fundatia Youth Cancer Europe (RO)
- German Sport University Cologne (DE)
- Nurogames GmbH (DE)
- Oxford Brookes University (UK)
- Pixformance Sports GmbH (DE)
- Region Hovedstaden (DK)
- University Medical Center Essen (DE)
- University Medical Center Heidelberg (DE)
- Universidad Europea de Madrid SAU (ES)
- Univerzitetni Klinični Center Ljubljana (SI)

For more information, visit: <https://www.fortee-project.eu/>

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