Project
Move
Eat
Play
Share
Partners

FIT FOR FUTURE
Challenging teen-agers in their own fields and areas of interest, PEGASO - Fit 4 Future - aims at promoting a sustainable change towards healthy lifestyles, with an holistic and multidisciplinary approach. Scheduled to run over the next three and a half years, PEGASO will raise awareness among adolescents on the importance of healthy nutrition, physical activities, and maintaining a healthy lifestyle, through engagement activities designed to challenge youth on their own turf: games, social networks and smartphones.

PEGASO will develop a learning platform capable of educating youth through virtual and real-life games and group challenges, in a “social” approach in which they each influence one another. PEGASO will employ some of today’s most advanced technologies, and in addition to a dedicated smartphone app, a virtual community, and a game, it will involve the use of wearable devices, designed by the project, capable of monitoring the teens’ physical parameters in order to prevent obesity and other health problems and long-term consequences caused by reduced physical activity and unbalanced diet.

PEGASO aims at improving adolescents’ lifestyles and also at providing support to families, schools, and doctors, through awareness-raising initiatives, events, and meetings with experts, in order to increase understanding and promote a balanced, healthy lifestyle and diet. Keywords and main values promoted by PEGASO are Move, Eat, Play and Share.
Regular physical activity in children and adolescents promotes health, fitness and well-being: improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fatness. Their bones are stronger, and they may have reduced symptoms of anxiety and depression.

Youth who are regularly active also have a better chance of a healthy adulthood. Children and adolescents don’t usually develop chronic diseases. However, risk factors can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that children will remain healthy as adults.
Good nutrition is essential for everyone, but it’s especially important for growing teenagers. Many teenagers have an unbalanced diet. Teenage boys and girls aged 14 to 16 in most industrialised countries often eat only half the recommended serves of fruits and vegetables per day. It doesn’t take a lot of effort to change eating habits. A few simple changes will make a huge difference, feeling better, managing weight and even be healthier.

Healthy foods help growth and good function of the body engine: body can not run properly on poor fuel.

Improve the diet by cutting back on fizzy sugary drinks, choosing the sugar-free versions, instead, keeping a fruit bowl stocked at home for fast snacks. Eat breakfast every day in order to be less likely to snack on junk food at morning tea. Don’t skip lunch or dinner either. Help with the cooking and think up new ways to create healthy meals. Reduce the size of meals. Don’t add salt to the food. Don’t eat high-fat foods every time visiting a fast food outlet with friends. Many of the popular fast food chains now have healthier food choices on the menu.
Playing has always been one of the most important activities for the human development. Nowadays, in the digital era, this phenomenon has increased further. Currently, the human race spends more than 3 billion hours a week playing videogames. People get very engaged in playing and, in particular, the youngest segment of the global population spends more time gaming than in a classroom. Young people show incredible skills of focus and problem solving while playing.

A good design can take advantage of this means in order to provide games that are not only pure entertainment but that can also help people to achieve their goals remaining motivated. Games can help people to learn or to do physical exercise having fun, transforming every important task in a pleasant experience.
Social connectivity and engagement include a social network where the user can share experiences with a community of peers concerning e.g. physical activity, food consumptions and everyday habits through different gaming strategies.
Co-financed under the European Union’s FP7 Programme, Pegaso – Fit 4 Future – engages the participation of an international and interdisciplinary task force including 17 partners from 6 European countries.

**ITALY**
- POLITECNICO DI MILANO
- CONSIGLIO NAZIONALE DELLE RICERCHE
- GRUPPO SIGLA SRL
- NEOSPERIENCE SPA
- LIFEGATE SPA
- IMAGINARY SRL
- LOMBARDIA INFORMATICA

**SWITZERLAND**
- CSEM CENTRE SUISSE D’ELECTRONIQUE ET DE MICROTECHNIQUE SA - RECHERCHE ET DEVELOPPEMENT
- HAUTE ECOLE SPECIALISEE DE SUISSE OCCIDENTALE

**SPAIN**
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- AGÈNCIA DE QUALITAT I AVALUACIÓ SANITÀRIES DE CATALUNYA (AQUAS)

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- THE UNIVERSITY OF EDINBURGH

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- ROPARDO SRL

**GERMANY**
- BILDUNGSBERATUNG TILL BECKER & CO GMBH
PERSONALISED GUIDANCE SERVICES FOR OPTIMISING LIFESTYLE IN TEEN-AGERS. Knowledge on how to stay healthy does not by itself motivate people to adopt healthy lifestyles. PEGASO targets teenagers by utilising technologies and approaches they are familiar with. Gaming strategies, social networks and communities of interest are integrated in a participatory design methodology that can make a difference. Follow us on PEGASO Fit 4 Future!