Co-financed by the European Union’s FP7 Programme, Pegaso Fit for Future engages an international and interdisciplinary task force that includes 17 partners from 6 European countries.

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.

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WHAT IS PEGASO FIT FOR FUTURE?
Challenging teenagers in the context of their own areas of interest, Pegaso – Fit 4 Future - aims to promote sustainable behaviours geared towards achieving healthy lifestyles, using a holistic and multidisciplinary approach. Scheduled to run over three and a half years, Pegaso has been created with the objective of raising awareness amongst teenagers on the importance of healthy nutrition, physical activity, and maintaining a healthy lifestyle, through engagement activities designed to challenge them on their own turf: games, social networks and smartphones.

WHAT ARE THE PROJECT GOALS?
The project aims to create a mobile-based behaviour change platform capable of educating and motivating youth through virtual and real-world games and group challenges, utilising a “social” approach in which they can each influence one another. The project employs some of today’s most advanced technologies. In addition to a smartphone app, virtual community, and game, it involves the use of wearable devices capable of monitoring teens’ physical activity and interfacing with the entire project’s toolkit. This in order to prevent obesity and other long-term health problems caused by insufficient physical activity and an unbalanced diet.

WHO ARE MAIN TARGETS?
TEENAGERS
Pegaso’s users are 14-16 year old boys and girls who are technologically savvy, with experience and interest in using technological devices.

PARENTS AND TEACHERS
Families and schools are the main actors in increasing understanding of and promoting a balanced, healthy lifestyle and diet amongst their children and students.

HOW DOES THE PEGASO PLATFORM WORK?
Pegaso Platform = Pegaso companion + Garments and Sensors + Pegaso mobile game

PEGASO COMPANION > APPS AND SERVICES
E-D��: This app enables the user to track food intake, providing initial graphical feedback.
P������ P������: This app allows the user to discovery of places that offer services related to the Pegaso cosmos (swimming pools, restaurants, etc.)
H������S������: This app allows teenagers to rate eateries (restaurants, cafes, etc.) according to PEGASO wellbeing values. A rewards system is associated to the app, encouraging teens to adopt healthier behaviours.

PEGASO GARMENTS AND SENSORS
User’s experience can be further customized through the use of two wearable devices: a life tracker, a bracelet that monitors teenagers’ daily activities, and a smart garment - a t-shirt with embedded sensors - that records physiological parameters. The smart garment is connected to Pegaso’s Platform, allowing a unique and real time experience.

PEGASO MOBILE GAME
A game with both real and virtual tasks and missions to be accomplished. In particular, the main aim of this tool is to increase physical activity of teenagers, reducing sedentary behaviours.