How can you support Pegaso Fit for Future?

Do you want to promote and increase understanding of a balanced, healthy lifestyle among your children and students?

Get them to test the Pegaso Platform and give us your input and feedback! This is vital to the development of the entire system.

PEGASO
FIT FOR FUTURE

www.pegasof4f.eu

Seguici su Facebook
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Personalised guidance services for optimising lifestyle in teenagers. Knowledge on how to stay healthy does not by itself motivate people to adopt healthy lifestyles. PEGASO targets teenagers by utilising technologies and approaches that 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!

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Pre-Pilot Phase
Testing Pegaso platform raising awareness on healthy lifestyles amongst teenagers
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 engaging activities designed to challenge them on their own turf: games, social networks and smartphones.

WHO IS THE TESTING PHASE ADDRESSED TO?

TEENAGERS

• Volunteers from participating schools in Catalonia (Spain), Lombardy (Italy), England and Scotland (UK).
• 14-16 year old boys and girls who are technologically savvy, with experience, interest and competency in using technological devices.
• Participants with a good level of English, needed in order to understand the Pegaso platform's contents.

WHAT DOES THE TESTING PHASE CONSIST OF?

• Each participating school enrols around 10 students who will test the Pegaso system in at least 3 different moments.
• Students will be asked about their opinions, perceptions, suggestions about how to improve the usability, acceptability and adherence of the Pegaso System. Different questionnaires, interviews of group discussion will be used. Their ideas will be used in order to develop the different components of the PEGASO system.

FIT FOR FUTURE

HOW DOES THE PEGASO PLATFORM WORK?

Pegaso Platform = Pegaso companion + Garments and Sensors + Pegaso mobile game

PEGASO COMPANION > APPS AND SERVICES

E-DIARY: This app enables the user to tracking food intake, providing initial graphical feedback.

PEGASO PLACES: This app allows the user to discovery of places that offer services related to the Pegaso cosmos (swimming pools, restaurants, etc.).

HEALTHSQUARE: This app allows teenagers to rate eateries (restaurants, cafés, 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 is customized through the use of two wearable sensors: a life tracker, a bracelet that monitors teenagers’ daily activities, and a smart garment made of electrodes embedded in a t-shirt that records physiological parameters. The smart garment is connected to Pegaso’s Platform, allowing providing 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 behaviour.