WATCH THE NEW VIDEO PRESENTING PEGASO HEALTH COMPANION

The Health Companion is everything you need to live the Pegaso experience. It is your gate to new services and opportunities. You can monitor your eating habits, check your daily activities, manage your health data with your doctor, locate places in the real world, share your experience with the community, and take part in exclusive games and events.

Sign in and Fit for Future!

PEGASO: REALLY GETS GOING!

How have the adolescents reacted? Some tested the app to judge bars and restaurants, some played the “serious game”, some wore the gadgets to test if they were comfortable: in April 2016 the three pre-pilot phases of the project Pegaso – Fit 4 Future will be concluded.

DISCOVER PEGASO SERIOUS GAME

Are you fit enough to destroy zombies? Play with Pegaso mobile game for health care: the new serious game which promotes an healthy lifestyle and prevents obesity.

Watch the video presenting Pegaso serious game and discover its main functionalities!

PEGASO FULL AND HUNGRY

What do the Italian Teenagers think about food and healthy lifestyles?

Check the answer watching the video produced by teenagers of Liceo Scientifico Elvio Vittorini in Milan.

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!

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