PEGASO, READY FOR THE FINAL PILOT!
The 3rd pre-pilot iteration of the Pegasus apps and game has just completed. Teenagers in Italy, Spain, England and Scotland have intensively tested the Pegasus ecosystem and shared their comments and suggestions. Stay tuned... In October 2016 the final pilot will start! Visit our Pegasus website to stay updated about the latest news!

PEGASO AT THE ‘GAMES FOR HEALTH’ UK CONFERENCE
On the 21st of July 2016, the Serious Games Institute (SGI) will host and organize the second edition of the ‘Games for Health UK’ (G4HUK) conference. The conference will be chaired by Pamela M. Kato, Professor of Serious Games at the SGI and one of the partners of the Pegasus project. During the conference a workshop will be dedicated to the ‘Pegasus game’. You can find more information about the conference and about the registration on the Serious Game Institute website.

SIDE EFFECT OF POOR SLEEP QUALITY AMONG TEENS
A new study from the University of Alabama at Birmingham indicates that adolescents who experience sleep problems and longer sleep duration are more reactive to stress, which could contribute to academic, behavioral and health issues. More information about the study can be found below.

HEALTHY EATING FOR TEENS
As a teenager, your body is going through many physical changes that need to be supported by a healthy, balanced diet. The official website of the National Health Service in England (NHS Choices www.nhs.uk) has published a list of tips to help teens eat more healthy. The list of these tips and many other useful information about healthy nutrition can be found below.

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!