20 HEALTHY HABITS TO ADOPT BEFORE YOU TURN 20
Your teenage years are often when you're at your healthiest. You're young, probably haven't experienced a big health scare yet, and any unhealthy habits may not have taken a toll on your body. But that doesn't mean that you should take good health for granted. Adolescence is arguably the most important time in your life to start developing healthy habits that will benefit you years down the road.

10 VIDEO GAMES FOR SOCIAL GOOD FOR TEENS AND CHILDREN
Serious games are games that are created for more than just entertainment. The educational video games and apps you buy your kids are one subset of serious games. There are also games that help you with your health and fitness. However, the video games that are truly considered serious games are those that build awareness and engagement toward positive social change.

FUTURISTIC FASHIONWARE
Wearable technology is all the rage, but the craze goes beyond connected eyewear such as Google Glass and smart timepieces such as Apple's rumored iWatch. Designers are creating apparel, accessories and fitness wear that can do everything from monitor your heart rate to charge your smartphone.

THE FUTURE OF WEARABLE TOYS FOR KIDS!
We all know the biggest problem with kids these days is not being motivated. Technology seems to be the blame for the distraction and isolation from their community. However, it can also induce motivation to learn.

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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