

RRD conference

Gamified telemedicine to promote a healthy active lifestyle

Deploying a physically active lifestyle is essential for our health and wellbeing and to support independent living, especially for elderly. Gaming technologies are believed to offer opportunities to increase the motivation of elderly for physical activity without additional burden on both formal and informal health care. Despite the fact that the elderly population is an important, large, growing and power-purchasing target population for games, very few of the available games today specifically target the elderly population and their specific needs and wishes. In this presentation we will discuss the state of the art in mobile gaming solutions to promote physical activity in daily life. What motivational game elements are mostly used and do they work? Next, we will discuss the development and evaluation of a mobile activity game for elderly: the MAGGY game. This game combines ambulant activity sensing with appropriate motivation strategies in a mobile gaming environment, to give playful tailored feedback to the elderly throughout the day, anytime and anywhere.