Abstract

As part of this bachelor thesis, a voice-base fitness application was developed. The fitness

application was created as an Amazon Alexa skill. The skill primarily aims at motivating users to include more physical activities in their daily life while helping to balance out the overuse of their mobile phones. By extension, it eases the reduction of mobile phone consumption, which can improve ones ability to concentrate, become more aware of social opportunities such as meeting with friends and family, and just being more aware of the surrounding environment. An experiment with a developed prototype and the results of two questionnaires show that the Alexa Fitness Skill is a promising way of balancing out technology and health.