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# Super Starfish Mania: Fish for friends

**Nick Cleintuar**

TU Delft  
Buizerdstraat 220  
Maassluis, 3145 AD, NL  
N.A.Cleintuar@student.tudelft.nl

**Benjamin Los**

TU Delft  
Billitonstraat 7  
Dordrecht, 3312 SB, NL  
B.E.Los@student.tudelft.nl

**Martijn Gribnau**

TU Delft  
Röntgenweg 889  
Delft, 2624 WW, NL  
M.M.W.Gribnau@student.tudelft.nl

**Jurgen van Schagen**

TU Delft  
Duke Ellingtonstraat 50  
Delft, 2625 GB, NL  
J.T.vanSchagen@student.tudelft.nl

**Jean de Leeuw**

TU Delft  
Van Hasseltlaan 379  
Delft, 2625 JA, NL  
J.A.deLeeuw@student.tudelft.nl

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What should be put here as the DOI string?

**Abstract**

Modern technology simplifies our lives greatly. To the point where many things can be done from the comfort of your chair. This has led to an increasing amount of people having a sedentary working habits, which brings about certain health related risks. Finding and maintaining motivation to overcome this working habit is often difficult, and thus *Super Starfish Mania* is here to help! *Super Starfish Mania* is an android game that promotes standing up and moving around in the form of small games that can be completed every hour. You can share your rewards with your colleagues and show them off on a big screen for everyone to see. It is also possible to play together and collaborate to complete these games.

**Author Keywords**

movement based gaming; mobile gaming; collaborative gaming;

**ACM Classification Keywords**

K.8.0 [Personal Computing]: Games



**Figure 1.** The current look of the main menu in the game.



**Figure 2.** An example of a group aquarium.

## Introduction

It is important for companies to keep the health of its employees in mind. Especially in office workplaces, which have a sedentary nature, there are increasing concerns to employee health [1]. Most of the employees in an office spend almost two-thirds of their time sitting [2].

Excessive sitting during the day can however lead to medical problems. Studies have shown that sitting for most of the day can lead to an increased risk factor for cardiovascular disease, type 2 diabetes, premature mortality as well as some cancers [3] [4]. This risk factor is independent of how physically active this person is [5].

## Game Concept

The objective of *Super Starfish Mania* (Figure 1) is to expand your collection of rewards (which are fishes). Every hour, the player will be notified of the possibility to go on a so called stroll. These strolls are five minute breaks from the activity the player was doing beforehand. During these strolls, the movement of the player is measured, and based on this measurement, the game may decide to allow the user to play a small game.

The games consist of a small objective that can only be completed by certain physical movements of the player. The exact objective and manner to complete the objective differ from game to game.

At the end of the stroll the game will generate fishes of different rarities depending on how well the player did during the games. These fishes will then be added to the player's personal collection.

It is also possible to play games together. During the stroll a Host and Join button will appear. One of the players has to press Host and a number will appear which the second user has to fill in and press Join. The two phones will then connect over the local network and a multiplayer game will start, as can be seen in figure 4.

Players can decide to form groups together, which will allow these players to donate their fish to said groups. The fishes donated to the groups can then be displayed on a large screen for everyone to see as seen in figure 2.

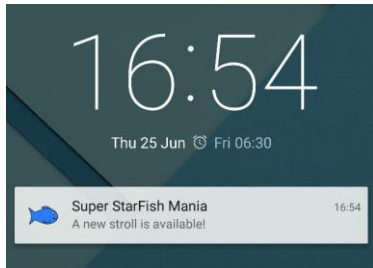
## Collectibles

In order to keep the players striving for more rewards there need to be a lot of possible rewards. To achieve this, *Super Starfish Mania* automatically generates collectibles. Each collectible consist of two components:

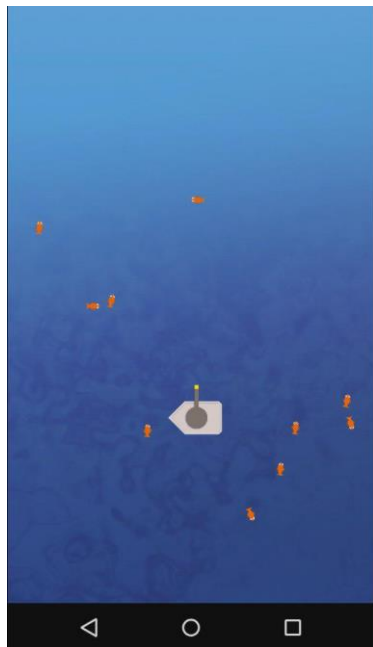
**Colour:** Each collectible has a randomly generated colour. The colour of the collectible partly determines the rarity of the collectible, so certain colours are a lot more common than others.

**Shape:** Each collectible has a certain shape, that together with the colour of the collectible determines the rarity. Each shape has the same chance of being generated, but some contribute to a higher rarity than others.

The combination of these two components allows for a huge amount of different potential collectibles. It also allows for easy expansion with new collectibles.



**Figure 3.** Example of a notification you will get when a stroll is available.



**Figure 4.** Multiplayer game where you have to catch fish.

### Target Audience

*Super Starfish Mania* is designed for everyone who wants to improve their sedentary working habits but needs a little help and motivation. Office workers are a great example, since these jobs are sedentary by nature and consist of a large number of people to form groups with.

### Requirements

*Super Starfish Mania* is a simple game with little requirements. The main requirement is that users need some space to move around and to have access to an android phone with at least version 4.X.X.

However if people want to form groups and play collaboratively there needs to be a onetime additional setup. In this case a server needs to be setup and a large screen needs to be connected to a computer with internet access. This can easily be done by one person with experience, which makes the application easily accessible for the rest of the users.

### Technical Aspects

*Super Starfish Mania* is made using a variation of technologies. The programming language used for the game is Java SE 7 [6]. For developing the game, the Java game framework LibGDX [7] is used.

The game also makes full use of the accelerometer built in phones. The accelerometer is a device which measures the acceleration in a three-dimensional space. This is being used to check whether or not a user is physically moving while on a stroll. It is also used to detect movements during events, which is the only way to complete those events.

### Why it works

There are several reasons that *make Super Starfish Mania* attractive compared to other solutions that try to improve the increasingly common sedentary working habit.

The first reason is that it makes use of hourly non-intrusive reminders to increase the awareness of the user of his or her working habit, as can be seen in figure 3. The application does not force the user in any way, so it can be easily discarded at inconvenient moments.

The second reason is that it rewards physical activity of the user in the form of collectibles, making them feel good about improving their working habit whilst also giving them something to strive for.

The last reason is that participating in groups creates small amounts of social pressure, because the collectibles that the player donated will be visible for everyone, so you players tend to want to show their rarest collectibles, which in turn motivates other players to try and match or better these collectibles.

### Conclusion

The strength of *Super Starfish Mania* lies in its ability to motivate people to stand up. This is done through short breaks where users can complete minigames to earn rewards. People are motivated to continue to play the game through rewards and group pressure.

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