

## 1. The problem posed by our context:

### Characteristics

- Sedentary nature of (office) jobs that increases health risks.
- People are unaware of the risks because of a sedentary lifestyle.
- Finding and maintaining motivation to improve lifestyle is often difficult.

### Constraints

- Limited time, since normal job has to be completed.
- Require minimal resources to make it accessible to a broad audience.
- Should work offline, since the user might not always have a connection.

### Challenges (design and technical)

- Detecting if the user actually moves or not.
- Creating a game that appeals to a broad audience (various tastes).
- Balancing office health against productivity and workflow.

## 2. The solution to the problem:

### Main idea (game design, game mechanics)

- Once every hour, the game can be played for 5 minutes.
- The player is required to walk during these 5 minutes to spawn events.
- These events have to be completed and give rewards.
- The rewards can be collected or shared with your group.
- Play with friends to obtain even more rewards.

### Why it works

- Hourly, non-intrusive reminders increase sedentary awareness.
- Fun and diverse random events keep the game interesting.
- Being able to collect unique rewards gives players a goal.
- Having shared collections with groups creates positive social pressure.

### What kind of player interaction (also what technology) is required?

- There should be room for employees to take short breaks.
- The player is required to have a modern (Android) smartphone.
- The player has to complete small physical tasks (events).
- Players should be able to postpone the game, for example when in meetings.
- A server is required for the users to create groups and share their rewards.

### Limitations and issues

- Movement detection is easy, hard to guarantee the player walking.
- We cannot force the players to play, as motivation from the user to improve their health is important.
- There is no guarantee that playing the game will improve your health, since this is still a research topic.

### 3. Abstract:

Through gamification we want to increase awareness of the sedentary nature in office workplaces. Many people are not aware that a sedentary lifestyle can, for example, increase the risk of cardiovascular diseases, diabetes and even some cancers.

The player can once per hour go on a 5 minute stroll where he or she has to play events to receive rewards. These events and rewards can only be obtained when the user actively plays the game making various motions. Rewards can be obtained from completing the events and these can be shared within groups. More rewards become available as the player progresses and/or cooperates in groups.