



Who are they?

Worried about the sedentary lifestyle that can come from being confined to a wheelchair.

What is their main goal?

To become more active to reduce their high risk of heart attacks, strokes and diabetes usually associated with a more sedentary lifestyle.

What is their main barrier to achieving this goal?

Does not have baseline vitals to aid in discussion of their baselines to measure progress. Many of the current fitness trackers use pedometers to track activity. These do not work with wheelchairs and lead to inaccurate data.



Who are they?

Likes to visit the gym a few times a week and eats healthily.

What is their main goal?

To train for an up coming marathon. Doesn't want to increase speed but wants to be more more comfortable maintaining pace over a longer distance.

What is their main barrier to achieving this goal?

Needs to be able to accurately measure running distance, pace, spO2 and heart rate to check for cardio improvements during training.



Who are they?

Worried about the health and location of an elderly family member.

What is their main goal?

Would like to monitor family members general well being.

What is their main barrier to achieving this goal?

Works in an office during the day and cannot always be around to monitor their family member. Needs to be notified if their relative displays worrying vitals, takes a fall or moves outside of a given location.



Who are they?

Starting to move on in age. Advised by their doctor that they need to go for more frequent visits. Noticed that they are getting out of breath at the end of their daily walk.

What is their main goal?

To have a better conversation with their doctor around their health.

What is their main barrier to achieving this goal?

Does not know their baseline vitals to use as a comparison.



Who are they?

Works in an office as a programmer. Commutes to work from a commuter belt. Has never been much of a gym user or sports fan.

What is their main goal?

Would like to become more aware of their overall health and make small changes to improve their fitness.

What is their main barrier to achieving this goal?

Will need to be guided to make changes to their lifestyle. Can't afford a personal trainer.

Bibliography

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