



1 Article

2 Monitoring and promotion of healthy habits, through

a platform based on portable sensors and virtual

4 advisors, for the promotion of active aging.

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- 10 Received: date; Accepted: date; Published: date
- 11 **Abstract:** A single paragraph of about 200 words maximum. For research articles, abstracts should
- 12 give a pertinent overview of the work. We strongly encourage authors to use the following style of
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- 14 context and highlight the purpose of the study; 2) Methods: Describe briefly the main methods or
- treatments applied; 3) Results: Summarize the article's main findings; and 4) Conclusions: Indicate
- the main conclusions or interpretations. The abstract should be an objective representation of the
- 17 article, it must not contain results which are not presented and substantiated in the main text and
- should not exaggerate the main conclusions.
 - **Keywords:** keyword 1; keyword 2; keyword 3 (List three to ten pertinent keywords specific to the article; yet reasonably common within the subject discipline.)

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The template details the sections that can be used in a manuscript. Note that each section has a corresponding style, which can be found in the 'Styles' menu of Word. Sections that are not mandatory are listed as such. The section titles given are for Articles. Review papers and other article types have a more flexible structure.

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The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research. References should be numbered in order of appearance and indicated by a numeral or numerals in square brackets, e.g., [1] or [2,3], or [4–6]. See the end of the document for further details on references.

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Materials and Methods should be described with sufficient details to allow others to replicate and build on published results. Please note that publication of your manuscript implicates that you

must make all materials, data, computer code, and protocols associated with the publication available to readers. Please disclose at the submission stage any restrictions on the availability of materials or information. New methods and protocols should be described in detail while well-established methods can be briefly described and appropriately cited.

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51 3. Results

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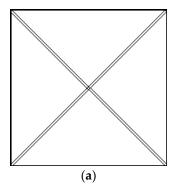
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- 55 3.1. Subsection
- 56 3.1.1. Subsubsection
- 57 Bulleted lists look like this:
- 58 First bullet
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- 60 Third bullet
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- 62 1. First item
- 63 2. Second item
- 64 3. Third item
- The text continues here.
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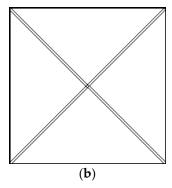


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Title 1	Title 2	Title 3
entry 1	data	data
entry 2	data	data ¹

¹ Tables may have a footer.

3.3. Formatting of Mathematical Components

This is an example of an equation:

$$a = 1, (1)$$

77 the text following an equation need not be a new paragraph. Please punctuate equations as regular 78

4. Discussion

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Authors should discuss the results and how they can be interpreted in perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted.

5. Conclusions

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- 89 Supplementary Materials: The following are available online at www.mdpi.com/link, Figure S1: title, Table S1: 90 title, Video S1: title.
- 91 Acknowledgments: All sources of funding of the study should be disclosed. Please clearly indicate grants that 92 you have received in support of your research work. Clearly state if you received funds for covering the costs to 93 publish in open access.
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Appendix A

The appendix is an optional section that can contain details and data supplemental to the main text. For example, explanations of experimental details that would disrupt the flow of the main text, but nonetheless remain crucial to understanding and reproducing the research shown; figures of replicates for experiments of which representative data is shown in the main text can be added here

- if brief, or as Supplementary data. Mathematical proofs of results not central to the paper can be
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113 Appendix B

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- should be labeled starting with 'A', e.g., Figure A1, Figure A2, etc.

116 References

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- 129 1. Author 1, A.B.; Author 2, C.D. Title of the article. *Abbreviated Journal Name* **Year**, *Volume*, page range, DOI.
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