

How Might We Question Research

Main question:

How might we motivate people to move?

- Include a Virtual assistant with the goal of motivating people by getting personal recommendations, updates on your progress, tips, highlighting local events and how the user can get involved
- Develop a fitness app that considers the user's budget, resources, their fitness goals and based on those, creates a personal exercise plan.
- Platform that gathers information about local events, based on your location or if there is a digital print near you and then sends the notifications (real time data) to its users.
- By incorporating gamification elements such as rewards, challenges, and progress tracking, we can make exercise feel more like a fun activity rather than a chore. When people find exercise fun and rewarding, they are more likely to make it a regular part of their routine.
- Develop a platform that allows groups to track their performance and stay organized. Features include: Shared calendar, a chat for communication and database that stores the user info (profile).
- Design a platform to provide personalized training options aligned with people's budget, while making exercising more accessible and affordable.
- Develop an app that tracks personalized data (age, weight, height and activity level) and shows how exercising is benefiting their health.

Sub-questions:

1. Use the VA to motivate people to move more?

- How:
 - The VA can fulfil the role of a professional mentor that will remind you to move, track progress and give tips.
 - The VA can provide personal recommendations based on specific needs or preferences.
 - The VA might highlight local events to its users and provide information, how to get involved with the event
- Why:
 - Physical inactivity is a major public health issue, with many people struggling to meet recommended levels of physical activity. By using a virtual assistant to motivate people to move more, we can provide personalized and supportive guidance that can help people overcome barriers to exercise and create positive habits around physical activity.

2. Develop a technology that encourages physical activity based on available budget and facilities?

- How:
 - A personalized fitness app that considers a user's budget and the resources available to them.
 - The app would start by asking the user about their fitness goals and preferred types of exercise, as well as their budget and access to facilities such as gyms, parks, or home equipment.

- Why: Based on users' information the app would generate a customized workout plan that is both affordable and feasible for the user.

The app could also include features to keep the user motivated such as reminders to exercise, track progress towards fitness goals and rewards.

3. Use technology to provide the residents with real time information about local events?

- How:
 - A mobile application/platform that gathers and updates information on local events.
 - Digital print can be placed in public areas such as parks, bus stops, and community centres to display real-time information about local events.
 - SMS alerts for which residents can sign up for to receive real-time updates on local events.
- Why: The event organizers can use the application/digital signage/SMS alerts and send information for the events. This would be based on location, preferences and interests of the users.

4. Design a technology that provides enjoyable and engaging exercise?

- How: By incorporating game-like elements such as rewards, challenges, and progress tracking, we can make exercise feel more like a fun activity rather than a chore.
- Why: Exercise is a critical component of maintaining good physical and mental health, but many people struggle to stick with a regular exercise routine because they find it boring or unenjoyable. When people find exercise fun and rewarding, they are more likely to make it a regular part of their routine, leading to improved health outcomes over time.

5. Inspire people to make physical improvements?

- How:
 - Making a fitness tracking app that can be used to track and monitor physical activity levels. The app can provide users with insights into their progress, such as the number of steps taken, or calories burned. Users can set goals and milestones, which can motivate them to make physical improvements.
 - Gamification can be used to motivate users to make physical improvements. Fitness challenges can be created that allow users to compete with friends and family members, earning rewards for achieving milestones and reaching goals.
- Why:
 - Showing the progress to the user and adding challenges can inspire people to continue working on themselves. Providing users with engaging and personalized fitness experiences, people can be inspired to make physical improvements and lead healthier lives.

6. Integrate technology to support group sport programs?

- How:
 - A mobile app that allows coaches, team managers, and players to communicate, track performance, and stay organized.
 - The app could offer features such as a shared calendar for scheduling practices and games, a messaging platform for team communication, and a database for storing important information such as player profiles and other personal information.

- Why: This app could help streamline communication and organization for group sports programs. By providing a centralized platform for scheduling and messaging, people could save time and reduce confusion when planning practices and games.
- 7. Integrate technology to provide personalised training options?**
- How: A mobile app which offers specialized training plans, based on the user's wishes, which they can communicate by taking a short test/survey.
 - Why: So the user feels in control in a situation where results won't show directly.
- 8. Integrate technology to provide personalised training options to align with their budget?**
- How: Use the mobile device to provide personalised training courses, which are easy to do remotely.
 - Why: To make sure users will be able to find a solution fitting in their budget.
 - Why: Many people struggle to access quality exercise training and coaching due to financial constraints or lack of access to affordable resources. By integrating technology to provide personalized training options aligned with people's budget, we can make exercising more accessible and affordable.
- 9. Integrate technology to provide personalised training options to align with their schedule?**
- How: Offer the user's personal training courses, which can be done remotely, by following the instructions the application gives.
 - Why: To make sure people will be able to fit it in their own schedule.
- 10. Incorporate gamification?**
- How: Add leaderboards, quests/missions/ achievements or process tracking in form of a battle pass
 - Why: As these stimulate the competitive/collecting mind.
- 11. Communicate the health benefits of the physical activities to motivate people to move?**
- How:
 - A mobile app that uses personalized health data to show users how exercise is benefiting their bodies.
 - The app would ask users to input their age, weight, height, and activity level, and use this information to calculate their daily calorie needs and suggest types of physical activities that are best suited to their body type and fitness level.
 - As users log their physical activities, the app would track their progress and provide personalized feedback on how their bodies are responding to exercise.
 - Why: This app could help people better understand the health benefits of physical activity and stay motivated to exercise. By showing users how their bodies are responding to exercise, the app could help create a sense of accomplishment and encourage users to continue with their physical activities.
- 12. Make exercise a more enjoyable part rather than an obligation?**
- How: AR fitness game to create a fully immersive experience that combines exercise with gaming. The user would choose an avatar and select a fitness goal, such as running a 5K or completing a certain number of push-ups.
 - Why: This game could help make exercise a more enjoyable and engaging experience. By turning exercise into a game, the app could motivate people to exercise more often and for longer periods of time.
- 13. Communicate the health benefits of the physical activities to motivate people to move?**
- How: Mobile application which shows simple insights into the results that will be achieved by doing a particular activity. It will be simple and visual interesting.

- Why: Because the target audience cares about results and achievements, so these will stimulate them.

Tamagochi:

- The more you walk, the more it grows
- Notifications when you didn't walk much