**Motivation and Research Question**

Factors for quality of life are inter-linked and influenced by age. By addressing one factor the others benefit too.

How can a persuasive touch-interface technology encourage older adults to increase exercise levels by
1. Addressing the elderly’s lack of knowledge about physical activity benefits and
2. Utilising the elderly’s desire to cultivate close social contacts

**Information on physical activity and action suggestions**

The aim is to present a novel, surprising and funny information chunk about physical activity followed by a prompt [3] and reinforced by a graphic.

**Social ties and awareness**

The application features the creation and coordination of physical activities amongst groups of close friends. Displaying friends’ activities raises awareness.

**Positive reinforcement**

As in [1] the user receives a flower in their garden for each done activity. The garden serves as a reward and self-monitoring feature.

**Approach**

User Centred Design (UCD)

**Findings**

- **Touch display is advantageous**
  Handling the touch tablet is intuitive for the majority of users and is thereby confirming literature [2].

- **Information needs to be specifically tailored**
  The information about physical activity needs to be adjusted to the specific requirements of the diverse sub-target-groups of older adults in order to be trustworthy and encouraging.

- **Social co-motivation for physical activity is effective**
  The social component in exercise is found to be a strong motivator for users.

- **Customisable self-monitoring/reward visualisation**
  Responding to varying user preferences visualisation may best be customisable.

**References**

- S. Consolvo et al.

- A. Murata and H. Iwase.

- K.A. Schutzer and B.S. Graves.

**Agile Life system**

*Technology - easy to handle, unobtrusive*

*Agile Life* is developed for an Android touch tablet according to [2] who find that touch screens are a beneficial interface for older adults. This finding is confirmed in course of this project’s UCD cycle.