Global Challenge
Fitness Friend
Lesson 1
Learning objectives:

● to understand the importance of regular exercise to help prevent heart disease
● to think creatively and develop ideas for tech devices to help people take more regular exercise
● to present and evaluate your initial ideas
Why is regular exercise important to prevent heart disease?

- keeps your heart healthy & increases fitness (can reduce coronary heart disease by 35%)
  - makes heart and blood circulatory system more efficient
- lowers your cholesterol level
- keeps blood pressure at healthy level
- can help to manage weight (another risk factor for heart disease)
What makes doing regular exercise difficult sometimes?

- lack of time (especially if at work or school)
- no space
- lack of motivation
- remembering to do it (takes a while to form a habit)
- unsure what exercise is best to do
- lack of mobility
How can technology encourage people to take more exercise?
Your challenge today:

Design a device to help people take regular exercise
Evaluating your ideas:

● Which ideas are likely to be most effective and why?
● Who is your target user and why would they use it?
● What barriers are there to your idea(s)? (e.g. cost, materials, technology, skills)?
● Is it accessible for everyone and if not, how could it be?
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