Mobile Apps for Stimulating Healthy Life: WalkyDoggy Reference Example

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Noncommunicable diseases

- Prevalence of physical inactivity raises the risk of NCDs - noncommunicable diseases
- In 2008 63% of global deaths were caused by the NCDs
- Noncommunicable diseases kill 38 million people each year

http://www.who.int/mediacentre/factsheets/fs355/en/
Walking motivation

- Using pedometer
- Goal-setting
- Rewards
- Sharing results
- Self-monitoring
- Walking with a dog
Walking with a dog

Acquiring a dog could be a good stimulation to initiate regular walking
Walk process

It's time to walk!

Start walk

Time left for walking: 18 minutes

Steps counted: 1745
Existing solutions

Google Fit
https://fit.google.com

Moves
https://www.moves-app.com

Microsoft Health
https://www.microsoft.com/microsoft-health
Motivation for parents and children

- Parents can propose to the child WalkyDoggy application as a kind of trial before acquiring real dog
- The application will rear child’s sense of the responsibility
- The application will stimulate children to be more physically active
Results & Future proposals

- Walking with a dog can be a good motivation to initiate regular walking
- The presented WalkyDoggy application can be helpful to initiate regular everyday walking
- Future proposals: integration with MDD cloud service, social features