

You are the caregiver

You want to support your family to stay active, but resources for you to improve physical activity are limited. At the same time you face workplace stress. You know your children very well and why certain apps appeal them and others do not.

You are the child

You are a 6-year old child. Sometimes you like to move around because it's exciting, not because it's healthy. Sometimes you get bored when using a new app on your caregiver's phone.

You are a community leader

You are passionate about helping your neighbors to realize their true potential. Guided by your training in health, you organized physical activity events, healthy cooking demos, as well as community meetings. The community appreciates your efforts, but sometimes you wonder how you can reach more people.