



StayActive

work with no stress about the stress

Improving quality of life for end-users...

The StayActive project will directly improve the Quality of Life of the increasing number of older adults in need of assistance for their stress related problems; and improve accessibility to healthcare monitoring/work assistance and to a novel and highly innovative ICT based product.

The StayActive project :

- **will allow older adults to improve their management of work related stress**; reducing the loss of productivity and health related costs.

- **will provide direct access to stress management assistance at work** to those who otherwise may not have access to it or who may have had a restricted access.

- **is designed inclose cooperation with the end user** and considers not only their needs, but also their possible unfamiliarity with these novel technologies.

- **is a product that has a potentially life changing impact on the end user audience** and has social relevance.

- **allows the end user to efficiently manage their stress levels** by having access to personalized services, healthy work habits recommendation, and biofeedback systems and games.

1 Ambulatory monitoring through the use of a chest band

2 Analysing behaviour via a smart phone

3 A stress reducing recommender system including serious games



For more information please visit : www.stay-active.net

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