



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.

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

StayActive 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.

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

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

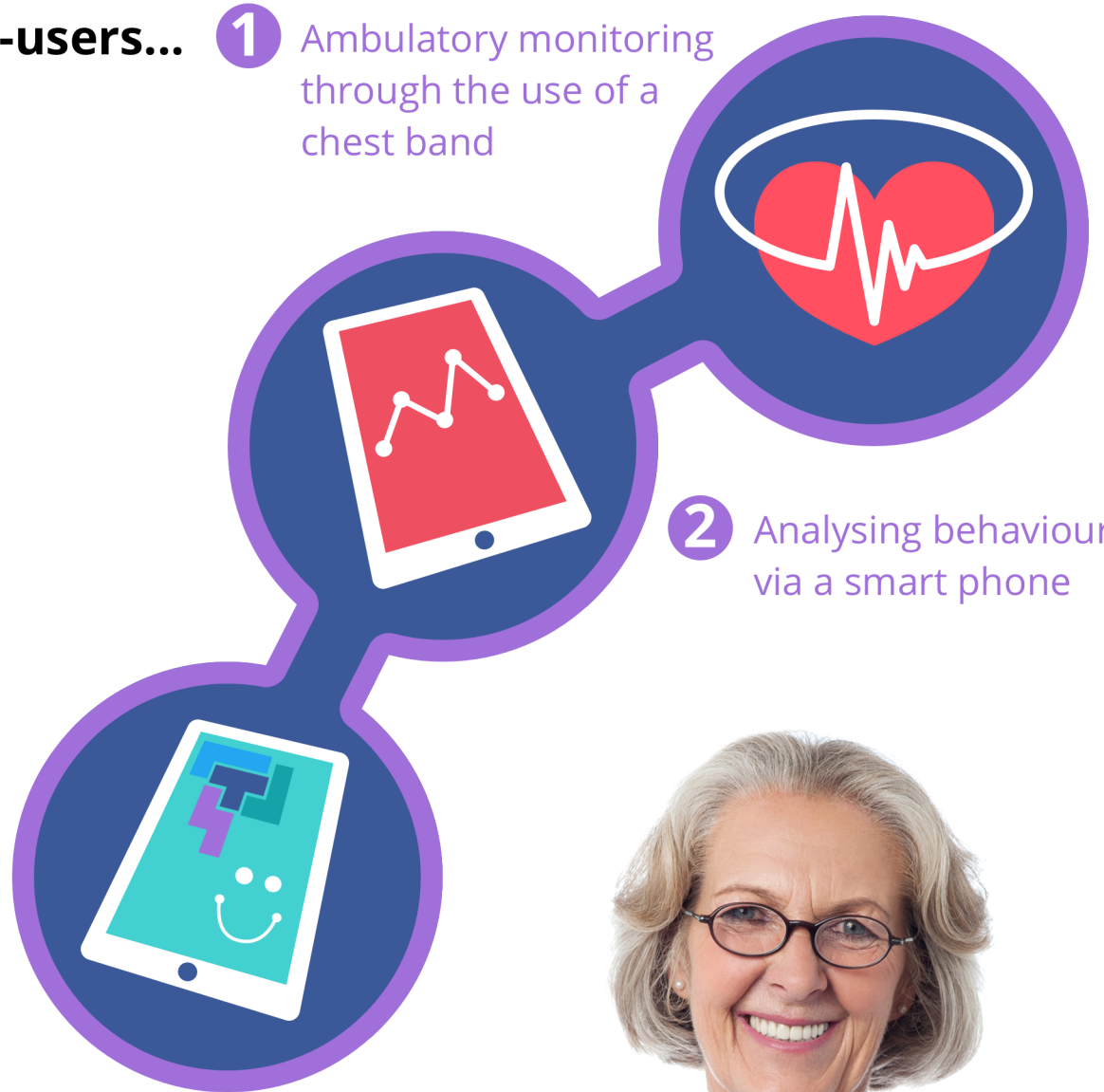
StayActive allows the end user to efficiently manage their stress levels by having access to personalized services, healthy work habits recommendation, and biofeedback systems and games.

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

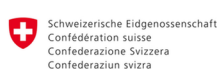
1 Ambulatory monitoring through the use of a chest band

2 Analysing behaviour via a smart phone

3 A stress reducing recommender system including serious games



The StayActive Project is carried out under the AAL Joint Programme with funding by the European Union and involved National Funding Authorities:



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