

Health App to Coach Families in Terms of Fitness

Interactive Software Offers Tips and Encouragement by Smartphone – Parents and Children Motivate Each Other to Do More Exercise and to Eat Healthier Diet



The SmartFamily app also asks for the general state of health and offers information on exercise and nutrition. (Figure: SmartAct)

The family determines one's own nutrition and exercise habits. This aspect plays an important role in the SmartFamily project for digitally supported health promotion. Sports scientists of Karlsruhe Institute of Technology (KIT), together with psychologists, dietitians, and computer scientists, have developed a mobile app with an integrated health coach. Further development of the app is funded by the Federal Ministry of Education and Research (BMBF) with EUR 350,000.

[...]

For more information on the study and participation in future studies, contact the SmartFamily team:

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This year’s **anniversary logo** recalls the milestones reached by KIT and its long tradition in research, teaching, and innovation. On October 1, 2009, KIT was established by the merger of its two predecessor institutions: the Polytechnic School and later University of Karlsruhe was founded in 1825, the Nuclear Reactor Construction and Operation Company and later Karlsruhe Research Center in 1956.