Together with older adults, game designers, exercise professionals, kinesiologists, engineers and industry partners, Mehrabi, Muñoz, and their collaborators have designed Seas the Day an immersive experience created to promote physical activity among older adults living with cognitive impairments.

Advancements in personalized healthcare using virtual reality (VR) have created opportunities to use games to support a healthy lifestyle. The multi-stakeholder team designed their exergames collaboratively to create attractive, effective, usable and accessible experiences.

Seas the Day uses virtual activities such as Tai Chi, rowing and fishing to encourage players to move their upper limbs, targeting exercises that foster flexibility, strength and cardiorespiratory fitness. This project demonstrates how different stakeholders can contribute to the design of therapeutic games that consider the complex preferences of under-represented users.

Interesting fact: The team created a dolphin in the game to encourage participants to row in the virtual environment. The idea came from a physical therapist who acted as a co-designer throughout the research.