

Exercising At Home Using Virtual Reality Games!

The purpose of the study is to validate the use of the VR-gaming technologies as a complementary tool to promote exercise at home

We are looking for participants:

1. Age 60+
2. Safe to participate in an unsupervised at-home exercise program using interactive virtual reality
3. Access to either a laptop, tablet or a desktop PC
4. Able to communicate in English



If you would like to participate, please contact Dr. John Muñoz at john.munoz.hci@uwaterloo.ca