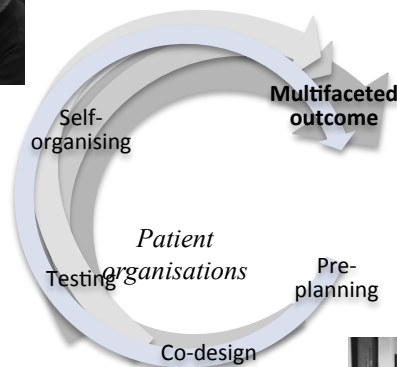




# CO-DESIGN TO SELF-ORGANIZING OF EXERGAMING



## FINDINGS



- Engaging user early
- Using competition element rather than exercising
- Engaging patient organizations
- Foster self-organization
- Practical testing

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ICT 4 Self-Care