

Figures

EvaLife Healthy Ageing Initiative

MSCA Postdoctoral fellowship offer

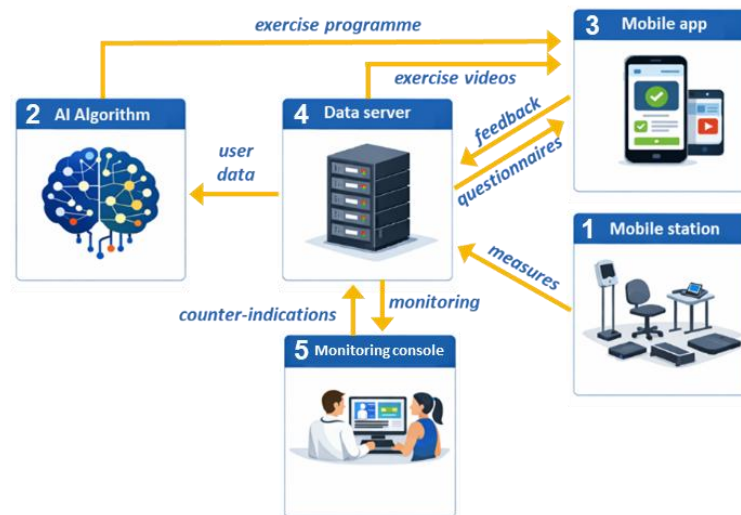


FIGURE 1: Architecture of the EvaLife personalised exercise recommendation system.

Participants (1) measure their capacities on the Mobile assessment station, providing data for (2) the AI algorithm to make exercise recommendations based on individual capacities and priority needs, (3) delivered via a smartphone app, whereas (4) user data and system resources and are stored on a secure data server connected to a (5) Monitoring Console allowing healthcare and physical activity specialists to monitor user activity and adjust recommendations if necessary.



FIGURE 2: Representation of Evalife smartphone app screens.

(A) Screen to select available training equipment; (B) Workout session calendar with 3 sessions per week; (C) List of activities for a given session; (D) Video + text explanation of an activity; (E): scale to report the intensity of effort.

Modified from Le Mat Y, Casali C, Le Mat F, Féasson L, Foschia C, Géry M, Rossi J, Millet GY (2024) – Impact of a Self-Autonomous Evaluation Station and Personalized Training Algorithm on Quality of Life and Physical Capacities in Sedentary Adults: Randomized Controlled Trial/ *JMIR Form Res* 2024;8:e45461 doi: 10.2196/45461