

# ∞ Agile

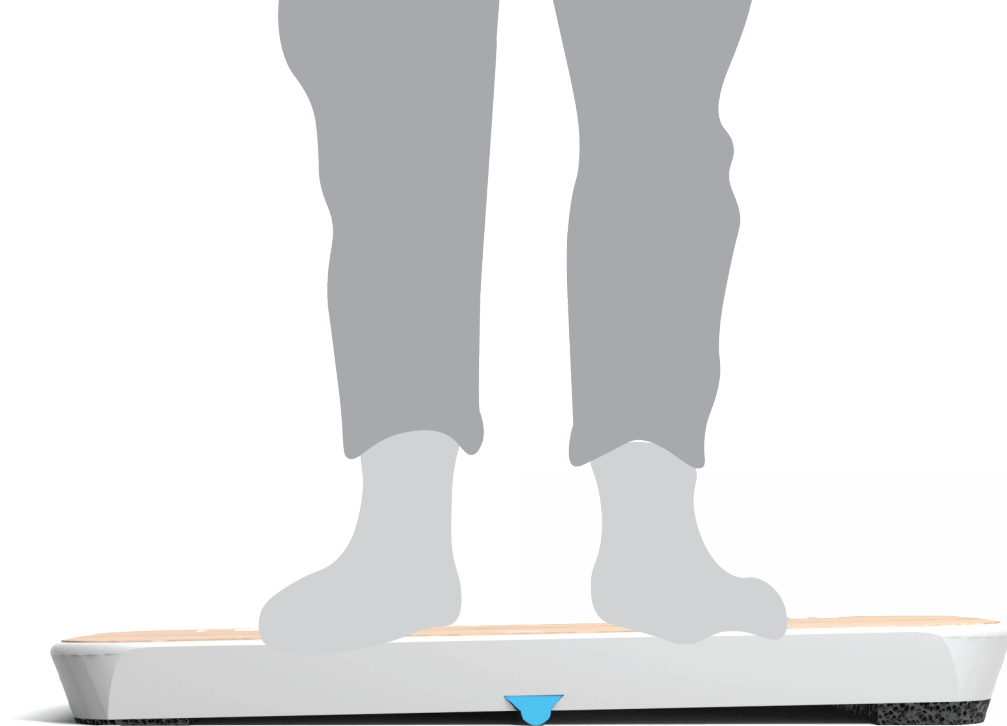
A digital **balance board** by Meta to connect with **f**riends, together building muscle strength to reduce falls.



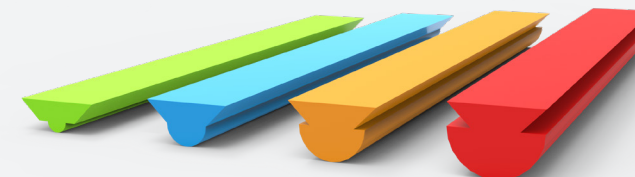
“Falls are a common, but often overlooked, cause of injury...

...around **1 in 3** adults over 65 and half of people over 80 will **have at least one fall a year.**”  
[www.nhs.uk/conditions/falls/](http://www.nhs.uk/conditions/falls/)

balance and functional exercises  
**reduce the rate of falls by 24%**  
cochranelibrary.com

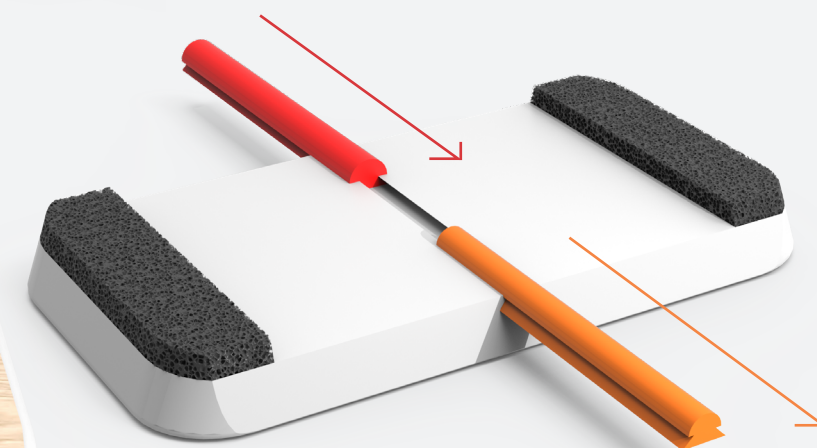


Pivot beam changes difficulty.



## Foam padding

Foam feet to soften the speed of tilt.



## Difficulty level

Board Pivot Beams, slide in and out. change colour for different difficulty levels.

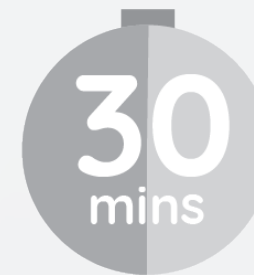
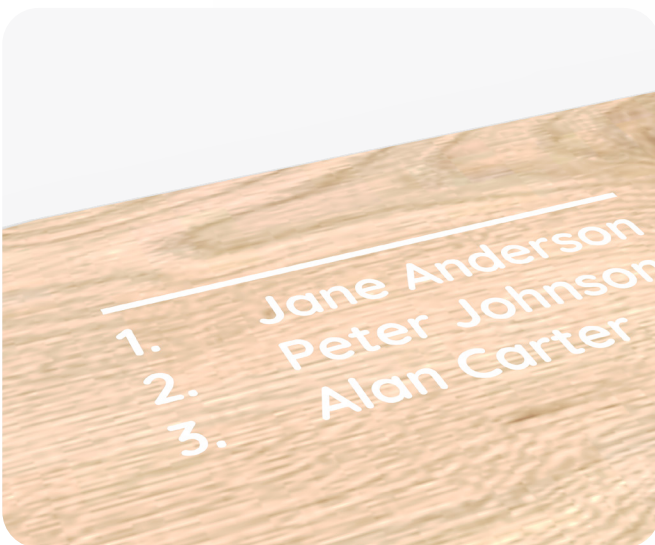


Perform muscle strengthening exercises  
**2 or more days** a week  
[medlineplus.gov](https://www.nlm.nih.gov/medlineplus.gov)



## Leaderboard

Connect to wifi and facebook games on setup and see who is on the leaderboard without having to look at a screen.



## Visible goal

30 mins, the recommended time for exercise. Progress bar increases as you use the board.



## Screen

Screen display projected through thin veneer of wood to show digital feedback.



- |   |       |
|---|-------|
| 1 | Jane  |
| 2 | Peter |
| 3 | Alan  |

