National Health Challenge Game Abstract

There is a thin line between what is fit and what is not. But unfortunately there is no absolute way to judge or quantify this measure. People are being deemed overweight and obese by looking at scientific measures such as BMI. But now there is an app called Runkeeper which tries to quantify workouts in terms of points and numbers associated with each workout. This app uses the concept of calories, weight, sets, and repetition to rate the workout being done by the user. This runkeeper app is the foundation for the National Health Challenge Game that we have created. This game application is backed by a website which holds the rankings of the state. Although a user needs to register through the application and enter information in there, the website will adopt the results processed by the application to bring about a national view of the game.

The National Health Challenge Game turns exercising into a competition by using the ratings of Runkeeper of each individual to rank states in the United States of America. Along with providing the ranking of states, the application also tracks individual ratings and uses it for a national winner and local winners. The tough competition will motivate several individuals to achieve great progress in their workouts and allows USA to become a fitter country.

The points are assigned relatively. There will be a normalization process in which an individual will be given more points if he is performing higher than his local competitors, vice-versa. This process rewards the individual who is trying to change the fitness level of his state. A user also loses points if he goes about an extended sedentary period. This can be registered because there will be an extensive database component which records detailed information such as date, time, calorie count, and even modes of workout. So, there is an intricate analysis done to each individual when ranking.

History shows society that competition will produce the best results. NHC uses competition as a tool to propel the men and women in US to attain their physical goals. It is the survival of the fittest and there is no looking back!