

PROJECT

ROUTINE

Promoting physical exercise through fitness travel planners for everyday mobility

Förderung von körperlicher Bewegung durch Fitness-Reiseplaner für Alltagsmobilität

Funding: National (Austria)

Duration: Jan 2017 - Apr 2018

Status: Complete



Objectives:

The starting point of this project submission is the fact that in the course of everyday mobility when the public transport (PT) (in combination with walking/biking) is used, considerable amounts of the daily physical activity load as recommended by the WHO, can be achieved.

The project has the following objectives: Basic data generation: data that provides information about what amount of physical activity can be achieved in the course of ordinary use of public transport - for example, climbing stairs - by different age groups. The individual activity tasks and patterns that are common when public transport is being used will be identified so that the necessary degree of activity can be quantified. For this purpose, the trips to and from public transport are included. During a field test, heartrate measurements, pedometer (step counter) and observations will be conducted.

A Demonstrator of a fitness route planner for daily mobility will be developed: the fitness planner apart from the usual activity parameters, should suggest and calculate the physical activity potential of the given route/trip in a simple concise description. In addition, the standard routes/trips as suggested by Traffic information Austria (AnachB-Client) will be calculated and completed by the additional sport-medicine based results. Tips for more daily physical activities: a sampler of easy-to-do physical activities and travel trips will be provided, for instance, the extra-bonus of physical activity when you get off the train one stop earlier and you walk to the final destination instead. The innovative idea of the project is that already during the route/trip selection, information of the potential health-related amount of physical activity will be available. This way, the empirically proved data about physical activity potential while using public transport will be available for the first time.

The expected results from the project include:

- Basic data of the amount of physical activity gained by walking, biking and climbing stairs while traveling by public transport,
- Combination of route related information of the timetable (VAO) and data of the ITS Vienna Region upgraded by physical activity variables,
- Demonstrator of fitness route planner for daily mobility which informs of route-related travel and physical activity gain,
- Incentives for more physical exercise and activity in the fitness route planner for daily mobility.

The desired outcome should be the increased awareness about more physical activity in the daily mobility routine and the enhancing of attractiveness of public transport for both existing and potential user groups and those who are interested in this freely available und easy-to-do added physical activity tips. Finally, the fitness route planner for daily mobility will include suggestions how public space can be creatively used for individual physical activity, without additional expenses (financial or timewise).

Parent Programmes:

[MOTF - Mobility of the Future](#)

Institute type: Public institution

Institute name: FFG - Die Österreichische Forschungsförderungsgesellschaft

Funding type: Public (national/regional/local)

Other programmes: MdZ - 6. Ausschreibung 2015

Lead Organisation:

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Technologies:

Infrastructure management
Web-based software tool for planning processes

Development phase: Demonstration/prototyping/Pilot Production

STRIA Roadmaps: Smart mobility and services

Transport mode: Multimodal transport

Transport sectors: Passenger transport

Transport policies: Societal/Economic issues

Geo-spatial type: Other