

Researchers agree that uninterrupted sitting leads to less healthy and shorter lives, regardless of the amount of daily exercise (Mercola 1). If Xbox players are stationary for an hour, HealthBoost uses the Kinect's built-in camera to set off an alarm, which turns off after the player performs an exercise. By selling this as an add-on, we can leverage the motion-sensing capabilities of the Xbox ecosystem to earn money while improving health and saving lives.

The key capability of this software is that it improves the health of its users. This add-on runs in the background when the Xbox is running and sets off an alarm when the player has been stationary for an hour. Then, a list of exercises is displayed from which the player selects and performs an exercise. The system tracks exercises performed and the corresponding health benefits from doing the exercises such as reduced cardiovascular risk and calories burned, which the user can view in the application. This application requires little thought from the user but provides significant health benefits and helps the player form the habit of continuous movement throughout the day.

By selling this add-on in the Xbox ecosystem, we can improve the health of our users and generate a profit. A potential risk we face is users suffering injury or health risks from the exercise; this risk can be alleviated by making the user agree that the software's manufacturer is not liable for any injuries that occur and that users should consult a doctor before use. In addition, we can add a screen that says users should use general caution in regards to their surrounding space. By doing so, we will minimize our liability while maximizing the health benefits for our users.

Works Cited

Mercola, Joseph. "Intermittent Movement May Counteract Risks from Prolonged Sitting." *Mercola.com*. N.p., 19 Sept. 2014. Web. 18 Apr. 2015.
<<http://fitness.mercola.com/sites/fitness/archive/2014/09/19/intermittent-movement-prolonged-sitting.aspx>>.