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# Usability Study of AFARI™, An Aesthetically Designed Outdoor Fitness Device

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# Usability Study of AFARI, An Aesthetically Designed Outdoor Fitness Device

Angie Bechard, Social Work and Interdisciplinary Disability Studies

## Background

“Physical inactivity is the biggest public health problem of the 21st century”, (ACSM, 2011). The elderly population plus individuals with even one disability is estimated at over 77 million, a large percentage of whom do not exercise due to limitations of adaptive mobility equipment (ACSM). AFARI fitness support equipment was therefore designed to meet this critical need.

## References

ACSM. (2011). Global health care declaration. *Exercise is Medicine Health Care Declaration.*



## Method

A focus group approach answered the following research questions:

1. What are the benefits and positive attributes of AFARI?
2. What features are needed to improve usability and exercise engagement?

## Findings

### Positive features and attributes

1. Appearance
2. Function on diverse outdoor terrain
3. Comfortable walking
4. Fitness potential
5. Braking system
6. Stable, sturdy frame decreases fear of falling
7. Load sensor for feedback about weight-bearing

### For development

1. Foldable and lightweight
2. Transportable
3. Seat option
4. Customizable

