



Kine Aasjord Omholt, Mathilde Wærstad

**NTNU**  
Norwegian University of  
Science and Technology  
Faculty of Information Technology,  
Mathematics and Electrical Engineering  
Department of Telematics

Kine Aasjord Omholt  
Mathilde Wærstad

# Exercise Games for Elderly People

Identifying important aspects, specifying system requirements and designing a concept

Trondheim, June 2013