

【Practice Article】

**Proposal for the Practical Use of a Data-Broadcasting Service
as a Tool for Engaging in Regular Exercise**

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Abstract

Objective: The purpose of this study is to propose the practical use of a data broadcasting service (that is, the broadcasting of digital television programs) as a tool for engaging in regular exercise and to examine the practicality of such an approach.

Methods: Subjects were six elderly, physically independent women with slight knee pain. We produced a program depicting animated characters performing gymnastic exercises which can ease knee pain, and installed this program on the hard disc recorder of each television in the subjects' home in order to simulate the delivery of a data broadcasting service. Over a two-month period, the subjects were able to view the program and imitate the movements of the characters.

Results: The subjects' average gymnastics implementation rate was $86.5 \pm 28.4\%$ during the intervention period. Three categories, "improvement in motivation", "reinforcing", and "habituation to exercise" appeared as a result of the group interview conducted after the intervention. Subcategories of these major categories such as "ease of use", "understandability", "attachment to the characters", "irritation with the program's contents", "perception of effectiveness", and "effect of monitoring" also seemed noteworthy.

Conclusion: It was suggested that data broadcasting of health education content is might facilitate engaging in regular exercise at home.

Key words: exercise, data-broadcasting service, easing knee pain

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