Abstract—This paper proposes the interaction physical-activity housekeeper (IPAH) in physical activity for silver-haired citizen. It consists of the pulse sound receiver (PSR), ergometer, bluetooth module, and smart phone. The silver-haired citizen has various physical activity levels can enhance the quality of life, cardiovascular fitness, and strength of lower limbs. Therefore, it is recommended that the elderly people should increase physical activity level and cardiovascular fitness. The portable bio-signal monitors are used to monitor the physical activity status, including heartbeat (heart rate) and muscular strength. The goals of research can become commercial sport products for silver-haired citizen.

Keywords—Interaction Physical-Activity Housekeeper (IPAH), Silver-haired Citizen, Pulse Sound Receiver (PSR), Ergometer.