

**To:** jeevacation@gmail.com[jeevacation@gmail.com]  
**From:** community@email.withings.com on behalf of Withings <community@email.withings.com>  
**Sent:** Sun 3/16/2014 4:20:18 PM  
**Subject:** Seniors age beautifully

## Seniors age beautifully

Growing up before the advent of mobile phones does not condemn senior citizens to stay on the sidelines of the connected health revolution. They are much more tech savvy than we actually think, as the following infographic reveals.

### A revealing infographic

We crunched Senior-oriented data, and created a visual representation that challenges a few of the stereotypes associated with them.

[See the infographic](#)

### A senior Withinger

François, a dashing French sexagenarian who uses his Withings Pulse and scale on a daily basis, shares his connected health experience with us.

[Read the interview](#)

**The "100k steps a day" badge**

It all started when Dirk posted an impressive Health Mate daily activity screen on Twitter, and asked us for more badges.

[Read the story](#)



### **One Z at a time**

To celebrate the World Sleep Day (March 14th) we gathered interesting facts and numbers about the time when we drift off.

[Read more](#)



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