

ABSTRACT

EXERCISE ASSISTANCE UNIT

5 Provided is exercise assistance unit (101) including exercise equipment (103) used
by a user to exercise, a pair of blowing units (first blowing unit (160L), second blowing
unit (160R)), and controller (170). The pair of blowing units (first blowing unit (160L),
second blowing unit (160R)) blows air flows (first blow-out air flow (130L), second blow-
out air flow (130R)) toward the user. Controller (170) acquires information on a heart rate
10 of the user, and controls at least one of wind speed, temperature, and humidity of the air
flows (first blow-out air flow (130L), second blow-out air flow (130R)) to be blown from
the pair of blowing units (first blowing unit (160L), second blowing unit (160R)) based on
the acquired information on a heart rate to cause the user during exercise using exercise
equipment (103) to have a heart rate within a predetermined range suitable for exercise
15 intensity intended by the user.

[Fig.2]