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MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 3 - Experiential Training session (3.2)
Health Apps for Physical Activity

Partners

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Experiential Training Session: Content

1. Physical activity apps real life navigation and integration

2. Action planning and goal setting

Objectives

✓ To comprehend in depth the theory and implement it on relevant physical activity apps.

✓ To understand, how physical activity apps may enable following healthier dietary habits and may help individuals' health in general.

Competences

✓To equip participants with the skills to leverage physical activity apps for achieving better lifestyle patterns.

✓To enhance the skills needed to make informed decisions about app selection, utilization, and integration into participants' everyday-nutrition, if they wish so.

Image by vectorjuice on Freepik

3.2.1
Physical activity apps real life navigation and integration

Objectives

- Integrate exercise apps for tracking progress, setting progress and boosting motivation to improve overall well-being.

- Identify features and specification of physical activity apps.

- Compare and examine other physical activity apps.

- To be familiar with physical activity apps.

Activity 1: Question and Answer (15 mins)

- *What are the benefits of physical activity?*

- *Why you believe physical activity apps are important?*

- *Why you someone should use or not a physical activity app?*

Activity 2: Exercise Apps Navigation

- *Find a fitness app you would like to download (5 mins)*

- *Write down 3 advantages and 3 disadvantages of the app (5 mins)*

- *Think how you could use this app and for which purpose (5-10 mins)*
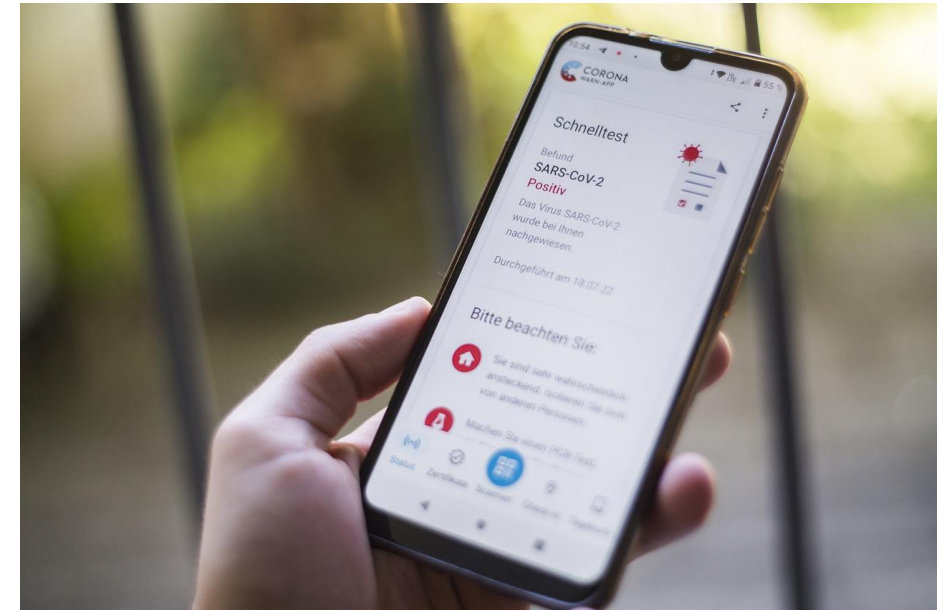
Physical Activity Apps

Overall Downloads	App Store Downloads	Google Play Downloads
1 Drink Water Reminder	1 Flo	1 Drink Water Reminder
2 Swiggy	2 BetterMe	2 Swiggy
3 Flo	3 Keep	3 Lose Weight in 30 Days
4 Mi Fit	4 Calm	4 Drink Water Tracker
5 BetterMe	5 MyFitnessPal	5 Lose Weight App for Men
6 Lose Weight in 30 Days	6 Mi Fit	6 Home Workout
7 Home Workout	7 Ping An	7 Six Pack in 30 Days
8 Calm	8 30 Day Fitness	8 Mi Fit
9 Drink Water Tracker	9 Fitbit	9 Samsung Health
10 Period Tracker	10 Nike Run Club	10 Step Counter

Source

Example: Exercise Apps vs Personal Trainer Apps

- **Workout and Exercise Apps**

  o Offer a wide variety of pre-designed workout routines.

  o May not provide personalized recommendations.

  o Suitable for individuals who prefer flexibility in their workout choices.

  o Examples: Nike Training Club, 7 Minute Workout.

- **Personal Trainer Apps**

  o Offer personalized fitness plans based on individual goals, fitness level, and progress.

  o Adjust workouts as users improve, ensuring continuous challenge.

  o Ideal for users seeking tailored guidance and accountability.

  o Examples: Fitbod, Freeletics.

Activity 3: Comparing Exercise Apps

- **Compare features and functionalities of different types of apps:** Choose different types of apps and compare with other types. Then match each app with the fitness goals you believe is best suited for that app.

3.2.2
Action planning and goals setting

Objectives

- Understand the importance of action planning and goal setting in promoting physical activity.

- Identify key features of physical activity apps that facilitate effective action planning and goal setting.

- Learners to set their own nutrition-related SMART goals and intergrade them in exercise apps.

SMART Goals

- **S:** Specific (setting your goals)

- **M:** Measurable (measuring success)

- **A:** Attainable (Setting achievable goals)

- **R:** Relevant (Setting goals relevant to your career or education)

- **T:** Time (Deadlines)

Why to Action Plan

Clarity of Purpose	Motivation and Accountability	Measurable Progress	Time Management
Long-Term Sustainability	Structured Approach	Long-Term Sustainability	

Setting & implementing a physical activity-related SMART goals

Activity

Set your own physical activity-related SMART goal

▪ Share your goal with the rest of the group.

▪ Check whether it is a SMART goal (fulfill prerequisites?).

▪ Is it related to a specific exercise you want to achieve, is it related to body weight or a health condition?

▪ Why did you choose this goal?

Setting & implementing a physical activity-related SMART goals

Brainstorm and discuss:

How could you integrate these goals in a physical activity apps?

What kind of app will you use to track the progress of your goal?

Is there a difficulty you might face?

Setting Goals

SMART Goals	
SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	

*This table could be used to set physical activity-related SMART goals.

Congratulations!
You have completed the experiential training session of this module!