MIG-HEALTH APPS

Mobile Health Apps for Migrants

https://apps4health.eu/

Module 3 - Self-Learning session (3.3)
Health Apps for Physical Activity

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Self-Learning supported by online training tools: Content

1. Quiz and Self-assessment

What is the primary benefit of using fitness apps?
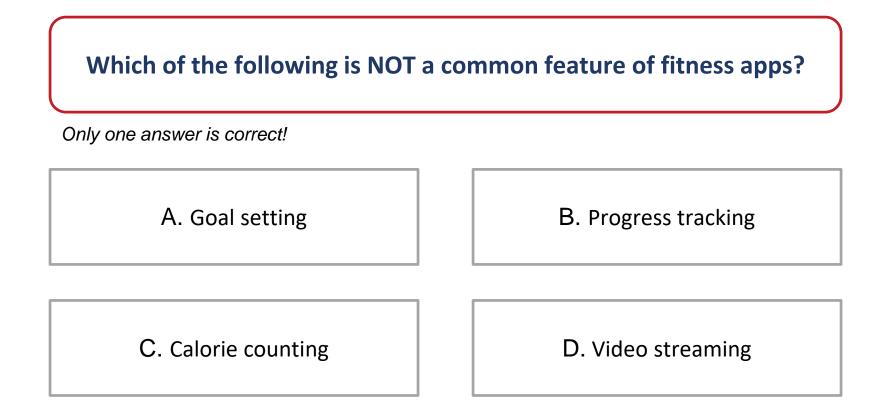
Only one answer is correct!

A. Socializing with friends

B. Tracking and improving health and fitness.

C. Playing video games.

D. Tracking and improving health and fitness.

Which of the following is NOT a common feature of fitness apps?

Only one answer is correct!

A. Goal setting	B. Progress tracking
C. Calorie counting	D. Video streaming

What does the term "wearable device integration" refer to in fitness apps?

Only one answer is correct!

A. The ability to order workout clothes online

B. Syncing with smartwatches and fitness trackers

C. Sharing fitness achievements on social media

D. Using virtual reality for exercise

How can fitness apps help individuals with time management?

Only one answer is correct!

A. By sending daily inspirational quotes

B. By providing recipes for healthy meals

C. By helping users schedule and prioritize physical activity

D. By recommending the best TV shows to watch

Which of the following is a legitimate reason for switching from one fitness app to another?

Only one answer is correct!

A. Your friend's favourite app is different

B. The app has too many features

C. The new app better aligns with your goals and preferences

D. You don't want to exercise anymore

Health apps can track your daily steps and provide feedback on your physical activity levels.

True

False

Health apps can provide personalized workout plans based on your fitness goals and current fitness level.

True

False

Match the columns

Match the columns !

A. HIIT (High Intensity Interval Training)	A. A form of exercise that focuses on strengthening the body's core muscles through precise movements and controlled breathing.
B. Triathlon	B. A fitness regimen that incorporates various functional movements performed at high intensity, often in a group setting
C. Pilates	C. A combination of cardiovascular and strength exercises performed at high intensity with short rest intervals.
D . CrossFit	D. A multi-discipline endurance sport involving swimming, cycling, and running, usually completed sequentially in a single event.

The World Health Organization recommends at least 60 minutes of moderate to vigorous-intensity physical activity daily

True

False

Cardiovascular exercise is the only way to burn fat effectively

True

False

Rest days are just as important as workout days for progress

True

False

Muscle soreness after a workout means you've injured yourself.

True

False

Lifting heavy weights is the only way to build muscle

True

False

High-intensity interval training (HIIT) is more effective for fat loss than steady-state cardio.

True

False

Engaging in regular physical activity can improve mental health and cognitive function.

True

False

Congratulations!

You have completed the self-learning of this module!