MIG-HEALTH APPS
Mobile Health Apps for Migrants

Experiential Training Activities

ETA 3

Health Apps for Physical Activity

Authors

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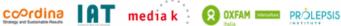## Declaration on Copyright:

Content

1   About the Module

Objectives

The Health Apps for Physical Activity Experiential Training Activity 3 is a comprehensive program designed to equip participants with the knowledge and skills needed to effectively leverage fitness apps for achieving and maintaining optimal health and fitness. This course will cover a range of fitness app categories, enabling participants to make informed decisions about app selection, utilization, and integration into their wellness routines. Through interactive sessions, practical exercises, real-life scenarios examples, discussions and action planning, participants will gain confidence in using fitness apps as valuable tools in their journey towards a healthier lifestyle. In short, this modules will provide a brief overview of the fundamental concepts related to health, physical activity, and the role of physical activity apps. It sets the stage for a deeper exploration of these topics, highlighting their importance in promoting overall well-being and how technology can play a role in enhancing our fitness journey.

Participants and roles

- Newcomer migrants; trainees.
- Migrants Peers; trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- Supports: trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Identify health apps available for physical activity tracking, exploring their features, benefits, and user interfaces.
- Classify and differentiate between various types of health apps tailored for physical activity.
- Explore real life scenarios of individuals that used health apps.
- Familiarise in navigating to different sport health apps.
- Set goals and plan fitness goals using health apps.
- Critically evaluate current health apps and its use.

Training contents

- Introduction to Health and Physical Activity
- Health Apps for Physical Activity
- Real Life Integrations
- Navigating Health Apps for Physical Activity
- Goal Setting
- Discussions and Evaluation

Estimated Duration

- Total Duration: 5:30 hours
- Teaching session: 3:30 hours
- Self-learning supported by online training tools: 1 hour
- Experiential training session: 1 hour
- Closing session: Discussion and evaluation

Resources

- Training materials: ppt. for Teaching Session
- Training Materials: assignments, quizzes
- e-Training Platform and App Training Tool
- Health Apps: Examples of Health Apps covering different areas and functions.
- Other: Complementary readings, videos ("YouTube") contents and tool from existing projects.

2 Training Content

2.1 Teaching Session

Step and duration	Content
3.1.1. **Introduction to Health and Physical Activity** 30 minutes	The trainer will shortly introduce the Health Apps project to the learners and then will highlight the physical activity apps. This introduction will highlight the following aspects: • Health Apps project short introduction • The importance of physical activity and the role of technology in supporting/promoting physical activity and fitness goals. • What physical activity apps are. • Benefits of using physical activity apps for tracking and measuring physical activity and fitness goals. • Different types of physical activity apps. • Activity: short answer questions will be provided. Resources: PPT
3.1.2. **Health Apps for Physical Activity** 30 minutes	The trainer will provide to learners' different types of physical activity apps. See here the following aspects of this session: • Identify and categorise fitness apps such as activity trackers, and workout planners. • Compare and contrast the features and functionalities of different fitness apps. • Gain insights into which fitness apps align best with specific physical activity practices. • Activity: The trainer will provide different fitness apps and fitness goals and participants will then match physical activity apps to fitness goals. Resources: PPT

Step and duration	Content
3.1.3. **Real Life Integrations** 30 minutes	The trainer will provide to learners' several real-life scenarios and situations of how fitness apps have help individuals' health in general. Components of the real-life integrations' session can be found here: • Presentation of different real-life scenarios where fitness apps could be beneficial, (e.g., maintaining workout routines while travelling or fitting in quick workouts during a busy day) and changed individuals' life. • Group activity: participants will be divided into small groups and different fitness apps and scenarios (e.g., busy workdays, commuting, fitness goals, family time, leisure) where physical activity could be integrated will be provided to them. Participants will then brainstorm and discuss how they would use a fitness app in a scenario, and think about specific app features, actions, and strategies they would employ. Resources: PPT
3.1.4. **Navigating Health Apps for Physical Activity** 40 minutes	The participants will have the opportunity to navigate to different physical activity apps. More specifically, participants will: • Go through different fitness apps. • Navigate through app interfaces, exploring core features and settings. • Activity: Participants will discuss and critically evaluate in pairs each fitness app they used. Resources: PPT
3.1.5. **Goal Setting**	The trainer in this session will highlight the importance of action planning and goal setting in using fitness apps for health or physical activity reasons.

Step and duration	Content
40 minutes	The content of the session is demonstrated below: • Importance of actional planning and goal setting using fitness apps for health or physical activity reasons. • How and why to action plan and setting goals (what? how? Which activity? where? when? duration? intensity? volume? App?). • Benefits of action planning and goal setting. • Activity: participants will set health and fitness goals. Participants then will create their own action plan based on the material that was presented. Each participant will then have 5 minutes to present their own action plan. Resources: PPT
3.1.5. **Discussions and Evaluation** 30 minutes	The trainer will organize a roundtable so that participants can discuss the use of fitness apps, its benefits, challenges, app features, motivation, integration to daily life and other future considerations. Evaluation questionnaires will also be provided and then the trainer will thank everyone for attending the session.

2.2 Self-learning supported by online training tools

Step and duration	Content
10.3. **Self-Assessment** 1:30 hours	The trainer will ask the learners to complete a Quiz in the e-Training Platform related to physical activity. The Quiz, consisting of multiple choice, true-false and matching exercise, will help the learners in assessing their understanding of the theoretical content of the teaching session. The trainers will check the completion of the quiz and will support each learner depending on their main gaps. Resources: Quiz. Online Training Platform

2.3 Experiential training session

Step and duration	Content
2.3.1. Physical activity apps real life navigation and integration 30 minutes	The trainer will provide different activities to learn more about physical activity apps, download and navigate through different exercise apps and compare the features and functionalities of different types of apps. For more information see here below: Activity 1: Question and Answer (15 mints) • 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

Step and duration	Content
	- 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) 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. Resources: PPT
2.3.2. Action Planning and Goal Setting 30 minutes	The trainer will present to participants the idea of SMART goals and then they will need to set their own physical activity-related SMART goal. This session includes the following: - Introduction to SMART goals - Importance of setting goals - Setting and implementing goals using the SMART template. Resources: PPT

2.4 Closure session

Step and duration	Content
3.4.1 **1.4. Discussion and Evaluation** 1 hour	This session includes a summary discussion based on the main lessons learned for the use of fitness health apps. Please see here below the sample of questions that could drive the closure session. Discussion about fitness health apps using the following subjects: • Do you use fitness apps? • What are the benefits of using fitness apps? • How to choose the Right App? • Any concerns regarding privacy when using fitness apps, and how can users protect their data? • How do social features (e.g., challenges, sharing workouts) impact motivation and engagement in fitness apps? • What are the challenges using fitness apps and how can you mitigate them? • What do you envision as the future trends in fitness app development and features?

3 Bibliography

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4 Appendix - Mental Health Apps

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
MAPMYFITNESS	Under Armour	USA	Free	Android Link https://play.google.com/store/apps/details?id=com.mapmyfitness.android2&hl=en&gl=US&pli=1	Individuals wanting to exercise	Easily track your Workouts, set Training Plans, and discover new Workout Routines to crush your goals.
STRAVA	STRAVA	USA	Free	Android https://play.google.com/store/apps/details?id=com.strava&hl=en&gl=US	Individuals wanting to exercise	Strava lets you track your running and riding with GPS, join Challenges, share photos from your activities, and follow friends.
FitBot	Matcha Solution LLC	USA	Free	Android https://play.google.com/store/apps/details?id=com.ramonmorcillo.fitbot01&hl=en&gl=US	Individuals wanting to exercise	Fitbot is an application based on an assistant that helps you to lead a healthy life and be fit by doing physical activities and keeping track of them. It also allows you to record all those activities in a diary and see your personal progress.
Komoot	Komoot Gmbh	Germany and Austria	Free	Android https://play.google.com/store/apps/details?id=de.komoot.android&hl=en&gl=US	Individuals wanting to exercise outdoors	Komoot is a mobile app for navigation and route planning.
All Traiils	All Trails LCC	USA	Free	Android	Individuals wanting to	AllTrails offers more than a running app or fitness activity tracker. It's built on the idea

				https://play.google.com/store/apps/details?id=com.alltrails.alltrails&hl=en&gl=US	exercise outdoors	that the outside isn't a place to seek, but rather a part of us all.
MyFitnessPal	MyFitnessPal Inc.	USA	Free	Android https://play.google.com/store/apps/details?id=com.myfitnesspal.android&hl=en&gl=US	Individuals wanting to measure their nutritional intake and exercise performance	MyFitnessPal is a health and nutrition app that helps you learn about your food habits, monitor your diet, make smarter diet choices, and conquer your fitness goals
Freeletics	Freeletics	Germany	Free	Android https://play.google.com/store/apps/details?id=com.freeletics.lite&hl=en&gl=US	Individuals wanting to exercise	This app lets you work out anytime, anywhere with the best digital personal trainer - no gym required.
Headspace	Headspace	UK	Free	Android https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en&gl=US	Individuals wanting to do mindfulness	This app helps you to manage daily anxiety, improve mental health & wellness, and be kind to your mind with Headspace. Headspace is everyday mindfulness and meditation, so you can make mindfulness a daily habit.
NTC Fitness App	Nike		Free	Android https://play.google.com/store/apps/details?id=com.nike.ntc&hl=en&gl=US	Individuals wanting to exercise	This app provides wellness tips, at-home workouts, fitness tools and guided meditations, fitness workouts, and healthy recipes.