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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 3 - Teaching session (3.1)

Health Apps for Physical Activity



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Teaching Session: Content

1. [Introduction to Health and Physical Activity](#)

2. [Health Apps for Physical Activity](#)

3. [Real Life Integrations](#)

4. [Navigating Health Apps for Physical Activity](#)

5. [Goal Setting](#)

6. Discussion and Evaluation



3 Health Apps for Physical Activity



Objectives

- ✓ To equip participants with the knowledge and skills needed to effectively leverage fitness apps for achieving and maintaining optimal health and fitness.
- ✓ To provide knowledge about fitness app categories, enabling participants to make informed decisions about app selection, utilization, and integration into their wellness routines.



Source: Image by nuraghies on Freepik



Competences

- ✓ 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.
- ✓ 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.



[Image by vectorjuice on Freepik](#)



3.1.1 Introduction to Health and Physical

Objectives

- To acquire general health and physical activity knowledge.
- To introduce fundamental terminology related to health and physical activity.
- To learn and about physical activity apps



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What is Health? (1)

Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity“ (WHO, 2023).



What is Health? (2)



Social Determinants of Health

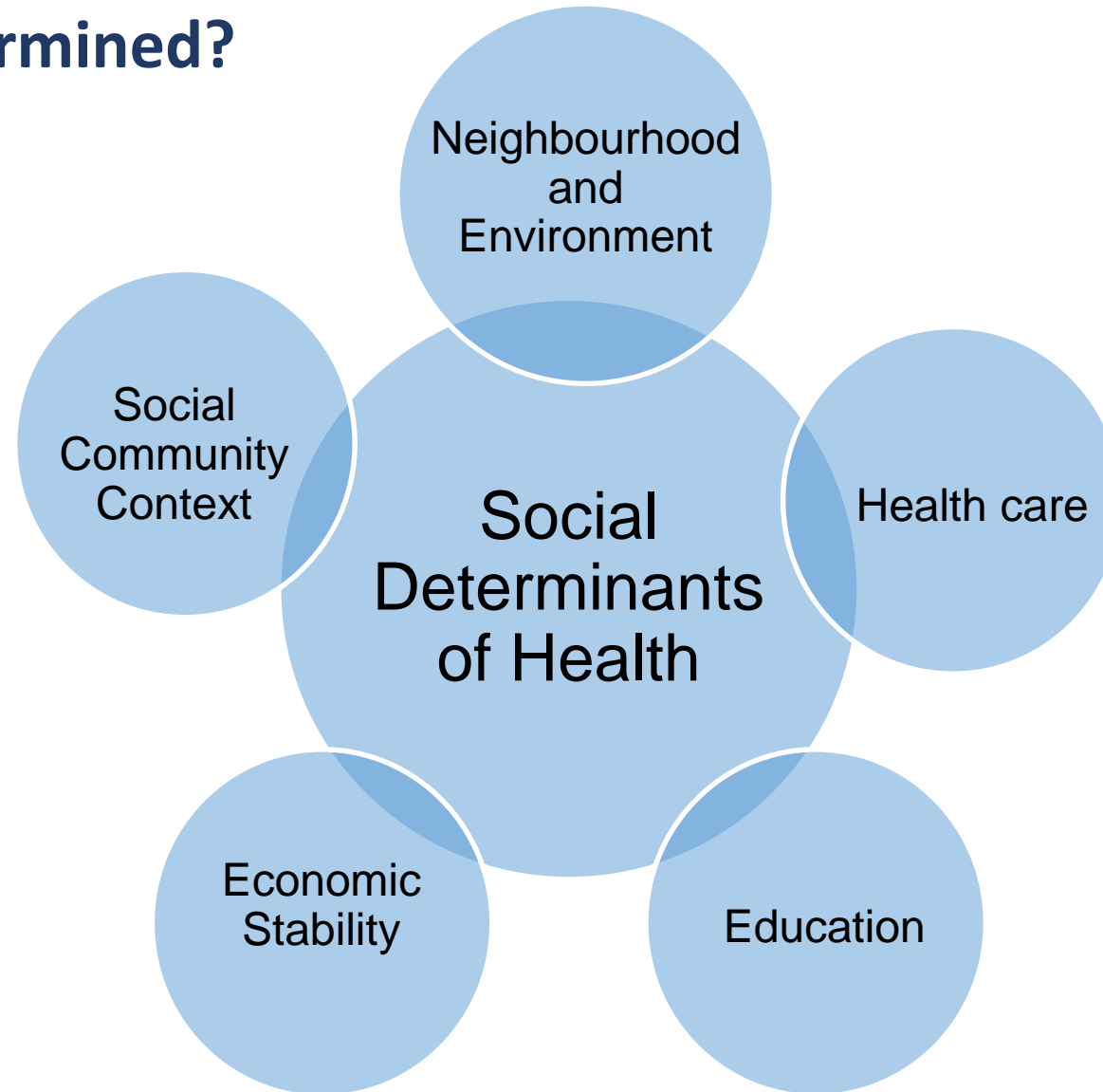
- The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems (Amri, 2023)

Importance:

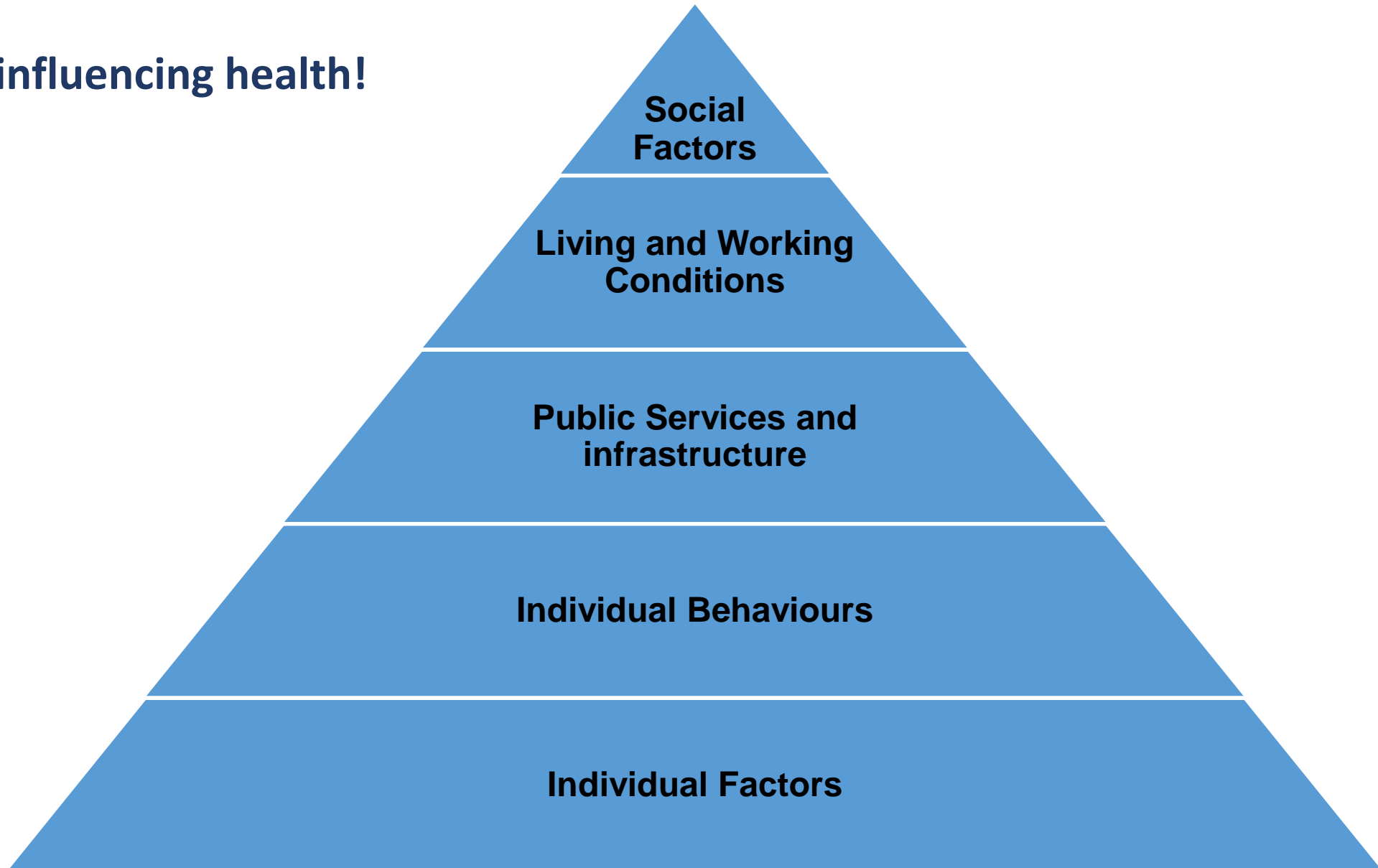
- The SDH have an important influence on health inequities - the unfair and avoidable differences in health status seen within and between countries. In countries at all levels of income, health and illness follow a social gradient: the lower the socioeconomic position, the worse the health (WHO, 2022).



How is Health Determined?



Factors influencing health!

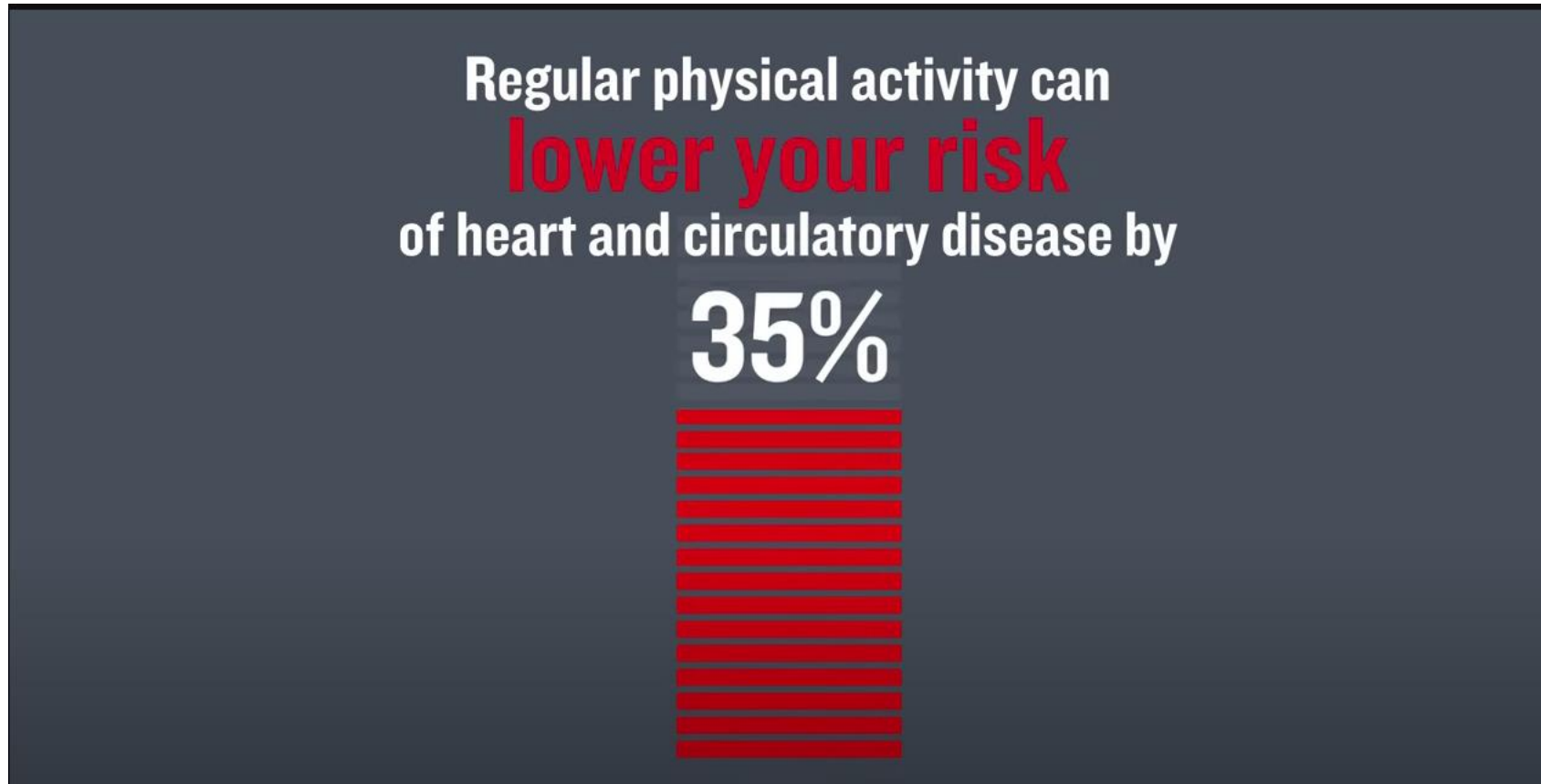


Why Physical Activity?

Physical activity is a great modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression (Ruegsegger et al. 2018).



Why Physical Activity?



Physical Activity Statistics

- Only one in three children in the EU are physically active every day.
- Less than 5% of EU adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week.
- Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active in the EU.
- More than 80% of EU adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of EU adolescents do not do enough aerobic physical activity to meet the guidelines for youth (WHO, 2019)



Physical Activity Benefits

Benefits

Sleep – Improves sleep quality

Less Anxiety – Reduces feelings of anxiety

Blood Pressure – Reduces blood pressure

Brain Health – Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health – Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention -Lowers risk of eight cancers: bladder, breast, colon, endometrium, oesophagus, kidney, lung, and stomach

Healthy Weight – Reduces risk of weight gain

Bone Strength – Improves bone health

Balance and Coordination – Reduces risks of fall

Independent Living – Helps people live independently longer



The Role of Technology and Exercise

“The use of technological devices for promoting PA, such as web/mobile apps and games, has been proven to be effective both in healthy children and in those with CRDs. In conclusion, new technologies are very promising in terms of feasibility, acceptability, and efficacy in promoting PA.” (Malizia et al. 2021)

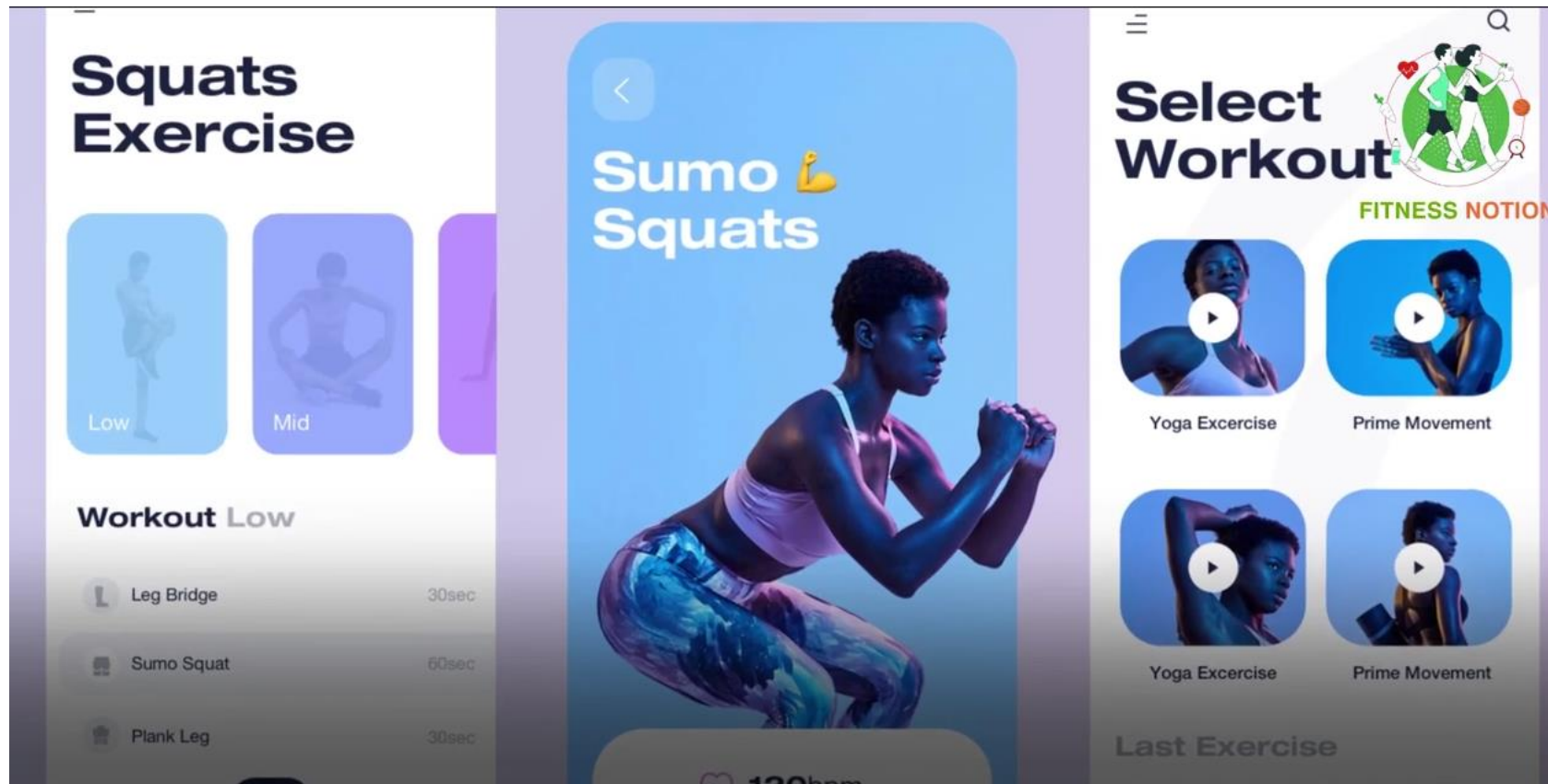


Physical Activity Apps

Mobile-based apps aim to increase adherence to physical activity, enabling individuals to engage with health information and guidance at any time. Technologies enable individuals to monitor, evaluate, and instruct the performance of their physical activity (WHO, 2019)



Top 10 Fitness Apps





3.1.2

Health Apps for Physical Activity

Objectives

- To provide an informative overview of the various categories and functionalities of health apps designed to promote physical activity.
- To help the audience gain a comprehensive understanding of the diverse range of apps available to support their fitness and well-being goals.



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Activity

Think about some physical activity apps you may know (5 mins)



Types of Health Apps (1)

- **Exercise Apps:** These apps provide a variety of workout routines, including strength training, cardio, yoga, and more. They often include video demonstrations and progress tracking features.
- **Activity Tracking Apps:** Activity trackers, such as Fitbit, Garmin, and Apple Health, monitor daily steps, distance, calories burned, and sleep patterns. They can sync with wearable devices for real-time data.
- **Running and Cycling Apps:** Designed for outdoor enthusiasts, these apps use GPS to track running, cycling, and other outdoor activities. They record routes, speed, and elevation, providing detailed post-workout analysis.
- **Personal Trainer Apps:** Some apps offer personalized fitness plans and coaching. They adapt workouts based on user goals and progress, making them highly customized.
- **Meditation Apps:** Focused on flexibility, relaxation, and mental well-being, these apps guide users through yoga sessions and meditation practices.



Types of Health Apps (2)

- **Health Assessment and Monitoring Apps:** These apps help users assess their overall health and fitness levels by measuring metrics like heart rate, blood pressure, and body composition.
- **Community and Social Fitness Apps:** These apps connect users with a community of like-minded individuals. Users can share their progress, compete in challenges, and offer support and motivation to others.
- **Physical Therapy and Rehabilitation Apps:** Targeted at individuals recovering from injuries or undergoing rehabilitation, these apps offer exercises and guidance to aid recovery.
- **Wearable Device Companion Apps:** Many fitness wearables have companion apps that sync with the device to provide a comprehensive view of physical activity, sleep, and overall health.
- **Gamified Fitness Apps:** These apps incorporate gamification elements to make exercise more engaging and enjoyable. Users earn rewards, complete challenges, and compete with others.



Aligning fitness apps with physical activity practices

- **Running:** MapMyRun, STRAVA
- **Strength Training:** Stronglifts5x5, Fitbot
- **Outdoor Activities and Hiking:** Komoot, AllTrails
- **General Fitness and Activity Tracking:** MyFitnessPal, FitBit Community
- **High-Intensity Interval Training (HIIT):** Freeletics
- **Yoga and Mindfulness:** Headspace
- **Body workouts and quick workouts:** NTC Nike



Compare and contrast the features and functionalities of different types of apps

Workout and Exercise Apps vs. Personal Trainer Apps:

- **Workout and Exercise Apps:**
 - Offer a wide variety of pre-designed workout routines.
 - May not provide personalized recommendations.
 - Suitable for individuals who prefer flexibility in their workout choices.
 - Examples: Nike Training Club, 7 Minute Workout.
- **Personal Trainer Apps:**
 - Offer personalized fitness plans based on individual goals, fitness level, and progress.
 - Adjust workouts as users improve, ensuring continuous challenge.
 - Ideal for users seeking tailored guidance and accountability.
 - Examples: Fitbod, Freeletics.





3.1.3

Real Life Integrations

Objectives

- To provide insights and examples of how physical activity apps can be seamlessly integrated into everyday life.
- To bridge the gap between theory and practice, empowering participants with the knowledge and motivation to effectively incorporate these apps into their daily routines.



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Activity-tracking apps play a pivotal role in monitoring and enhancing daily physical activity. They offer a range of features that empower users to stay on top of their fitness goals



Steps, Distance and Calorie Tracking

How activity-tracking apps help monitor daily physical activity?

- Activity-tracking apps use built-in sensors, such as accelerometers and GPS, to record the number of steps taken.
- They also calculate the distance travelled during walks, runs, or other activities.
- Calorie tracking estimates the calories burned based on activity type and duration.



Set Goals and Track Progress

- Users can set personalized fitness goals, whether it's a daily step count, a weekly mileage target, or a calorie-burning goal.
- The app tracks progress in real-time, helping users stay motivated as they work towards their objectives.
- Visual representations of progress, such as graphs and charts, offer a clear view of accomplishments.



Syncing with Wearable Devices

- Many activity-tracking apps seamlessly synchronize with wearable devices like fitness trackers, smartwatches, and heart rate monitors.
- This integration ensures that data collected by wearables, such as heart rate, sleep patterns, and activity levels, is automatically transferred to the app.
- Users can access comprehensive insights and trends about their health and fitness, all in one place



Activity

MAYO CLINIC | Department of Cardiovascular Medicine

Technology/ Personal Series

Exercise Apps: What's the benefit and how should we use them?

Thomas P. Olson, M.S., Ph.D.
Associate Professor of Medicine
Department of Cardiovascular Medicine
Division of CV Prevention





3.1.4

Navigating Health Apps for Physical Activity

Objectives

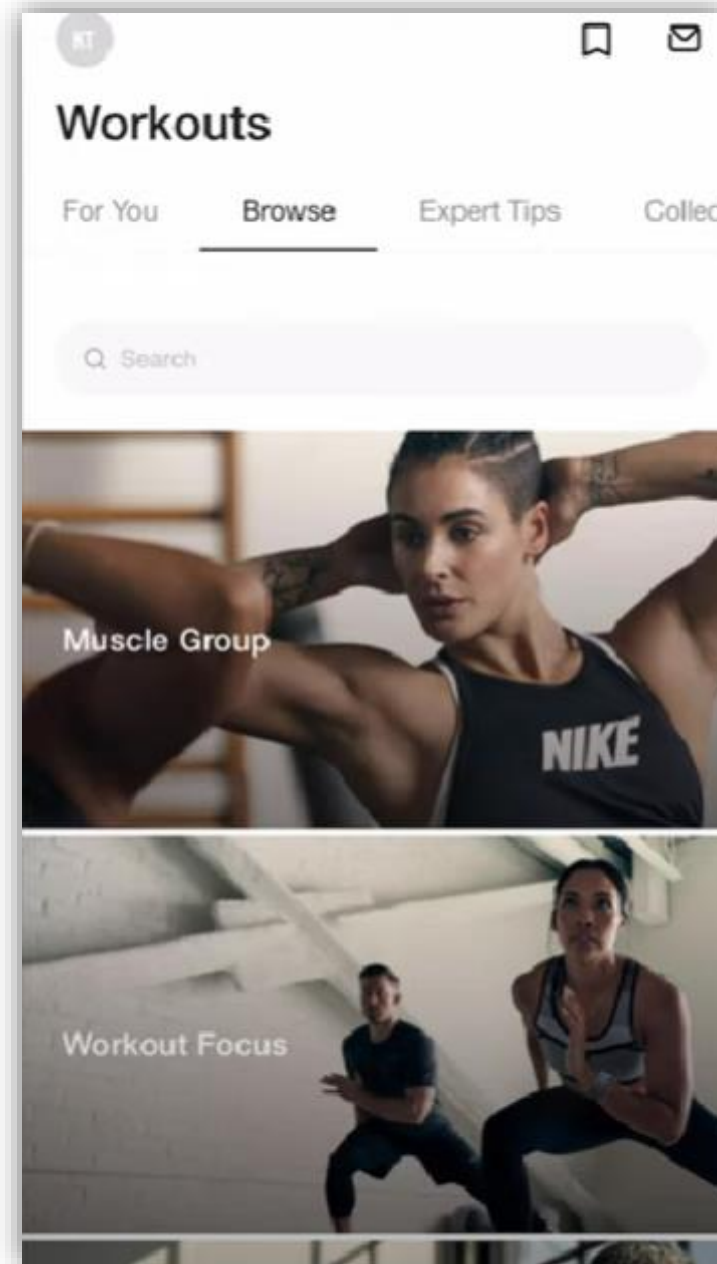
- To help participants understand, utilize, and make the most of health and fitness apps.
- To enhance participants physical activity levels and overall health.

































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Physical Activity Apps



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





3.1.5 Goal Setting

Objectives

- To learn about the importance of goal setting.
- To get familiar with the SMART goal technique.



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Goal setting: Why needed?

- Goal setting is a key intervention for those looking to make behavioral changes, such as changes in eating habits.
- Visualizing what we need to do to reach our goals may make it more likely that we will **actually** succeed **these goals**.
- Goals are a form of motivation; they provide direction and a sense of personal fulfillment, and they also help track progress.

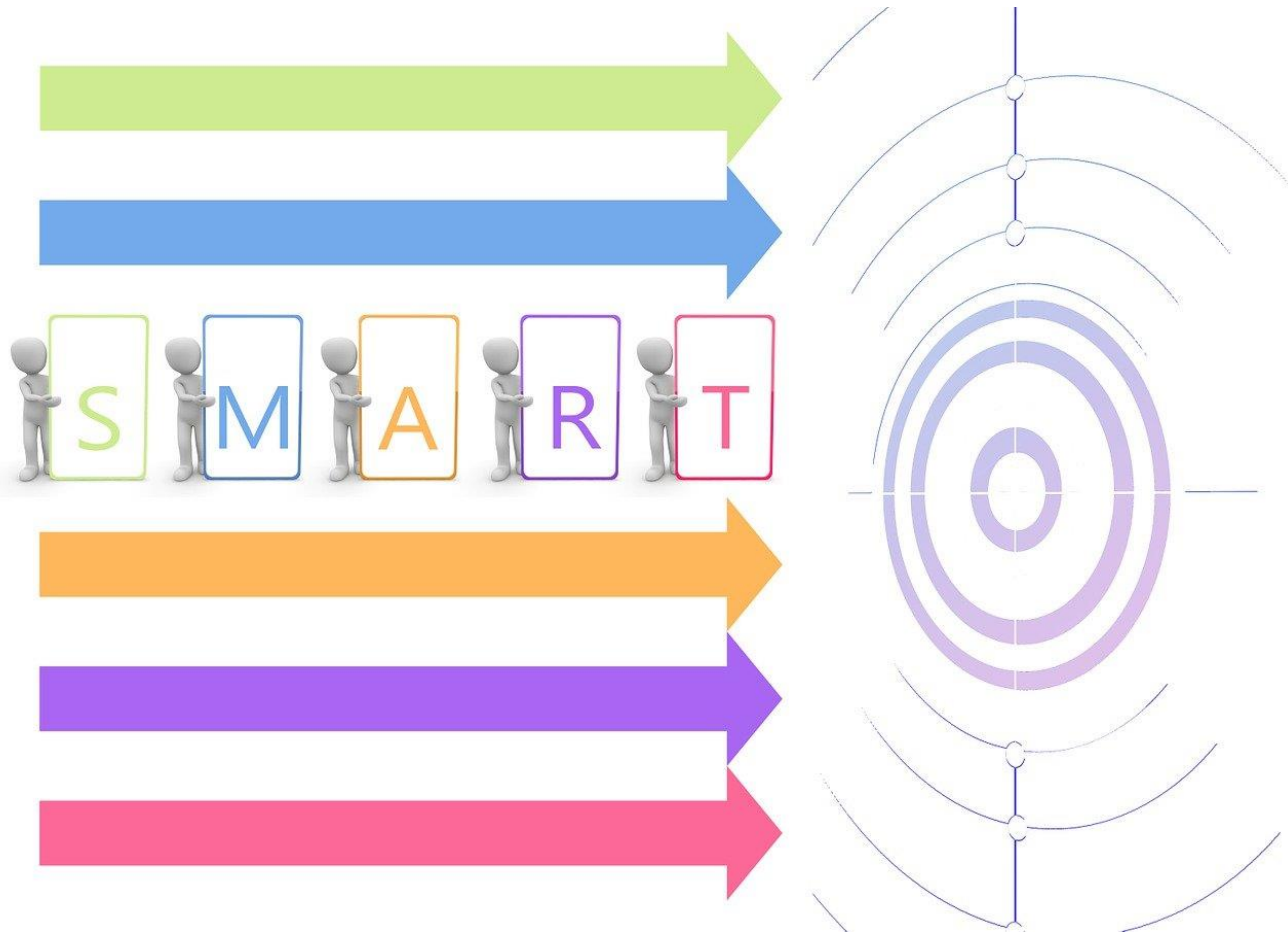
The most common way to set goals nowadays

- The **acronym SMART** can be used as guidance through the goal-setting process.

But... what does SMART stand for?

Technique: “SMART” goal setting

Setting **SMART** nutrition goals has been found to be helpful in assisting people to make positive and long-term lifestyle changes



- Specific
- Measurable
- Achievable-Attainable
- Relevant
- Timely



“SMART” goal setting: Explained (1)

- **Specific** → Get as specific as possible about your goals.

Example: If you want to improve your health, specify what exactly you want to change, e.g., do you want to lose weight, do you want to quit smoking? The goal “I want to eat healthy” is an incredibly broad statement that does not pinpoint anything specific.

- **Measurable** → Ensure that the goal is measurable.

Example: If you want to work out, for how many minutes will you exercise and how many times a week? If you want to lose weight, how many kilograms do you want to lose?

- **Achievable-Attainable** → Ensure you can reasonably reach their goals.

Example: If you commit to going to the gym daily, how realistic is this goal given your daily and weekly schedule? What would be a more attainable goal? If you want to start eating more fruits, is it achievable to set a goal of 3 fruits a day if now you are eating none?

“SMART” goal setting: Explained (2)

- **Relevant** → Ensure that the goal is relevant to your situation.

Example: Why do you set that goal? Is it relevant to a change you want to make? Why do you want to make that change? How will this change improve your life? E.g., if you want to lose weight and you set a goal of reducing your screen time, are these related, and if yes, how?

- **Timely** → Define a specific timeline for the goal (days, weeks, months or a defined date, etc.). Proximal, rather than distal, goals are preferred.

Example: When do you want to reach the goal? Setting a goal of losing 3 kilograms in the next month may feel less overwhelming than a goal of losing 30kg in the next year.



3.1.6

Discussion and Evaluation

Objectives

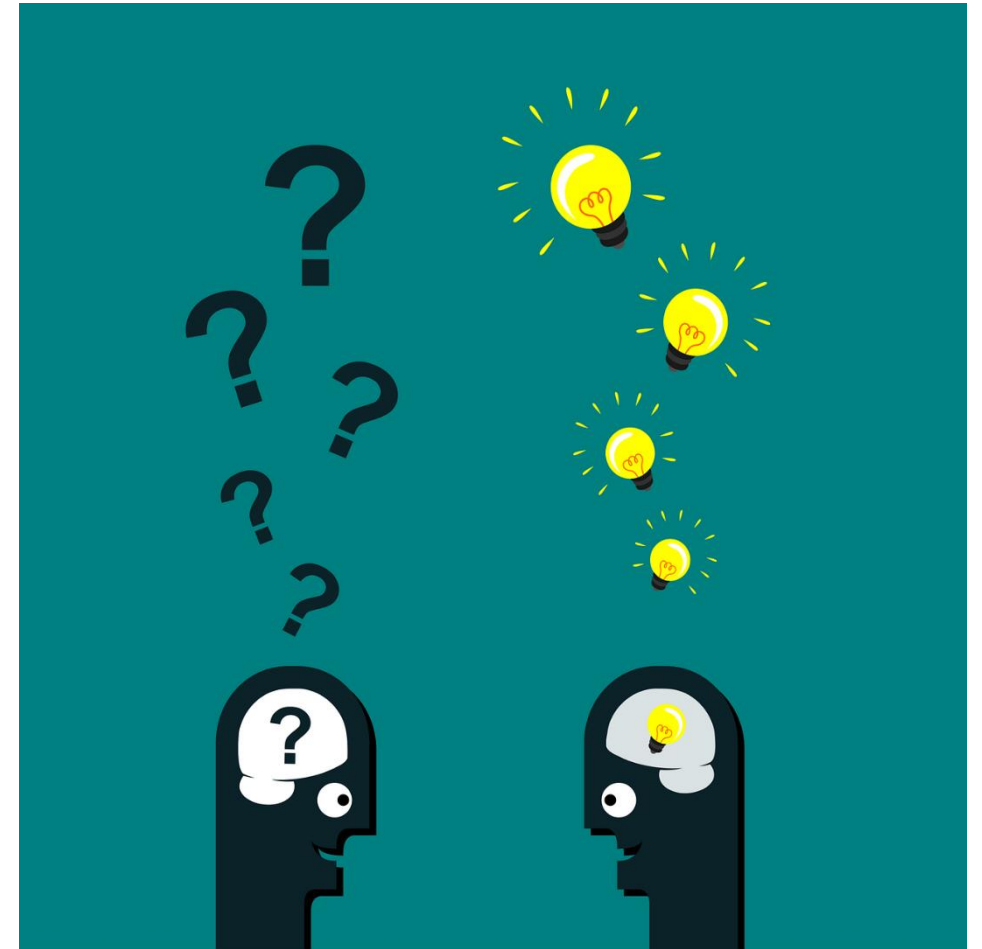
- To resolve and clarify misunderstandings that emerged from all previous theoretical information.
- To ensure in depth comprehension of the module's contents.
- To evaluate the module.



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Discussion

- *Questions?*
- *Clarifications?*
- *Comments?*



Evaluation Questionnaire

The content of the module was stimulating and interesting *(1 minimum, 5 maximum)*

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The content of the module was clear, understandable and easy to follow *(1 minimum, 5 maximum)*

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The trainer was well prepared *(1 minimum, 5 maximum)*

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Evaluation Questionnaire

The module enhanced my knowledge of the subject matter (1 minimum, 5 maximum)

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I would recommend this module to others (1 minimum, 5 maximum)

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I am satisfied with the module overall (1 minimum, 5 maximum)

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References, further Readings and Closure

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MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed the teaching
session of this module!

