

1

2

3

4

5

6

7

8

9

10

11



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 3 - Closure session (3.4)

Health Apps for Physical Activity



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Closure Session: Content

1. Feedback and Discussion: Questions

Feedback & Discussion

- *Do you use fitness apps?*
- *What are the benefits of using fitness apps?*
- *How to choose the right App?*
- *Any concerns about 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?*





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed this module!

