



## ACTIVITY TITLE:

Fitness Challenge

## BOOT UP:

Mobile personal fitness apps are an example of the positive impact technology can have on our daily lives. Some are sport specific, others are general and most can be downloaded for free.

Mobile fitness or training apps share common features such as setting time or distance goals, tracking routes, recording health statistics. Some apps connect you to a community of people who cheer you on and send their support, others motivate you through competition.

## LOADING...

1. Download the **Map my Fitness** app from the Play Store or App Store.
2. When installed read through the Tutorial to understand how it works.
3. Create a Group for your class or with your friends.
4. Organise some activities such as a park walk, share the route and view your statistics afterwards to see how you've done.

## ACTIVITY HOSTS

**Objective:** Learn about and experience the positive impact that technology can have in our everyday lives by focusing on the area of health and wellbeing.



There are literally thousands of fitness apps available, if this goes well, why not hold a weekly activity and keep track of the group's progress?

## FINAL STEP!

*Activity Hosts* - Don't forget to register your activities on [www.techweek.ie](http://www.techweek.ie).

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