



Photo by Filip Mroz on Unsplash

## AIM

Presenting modern technologies which support the undertaking and monitoring of the physical activity in various social groups.

## INTRODUCTION

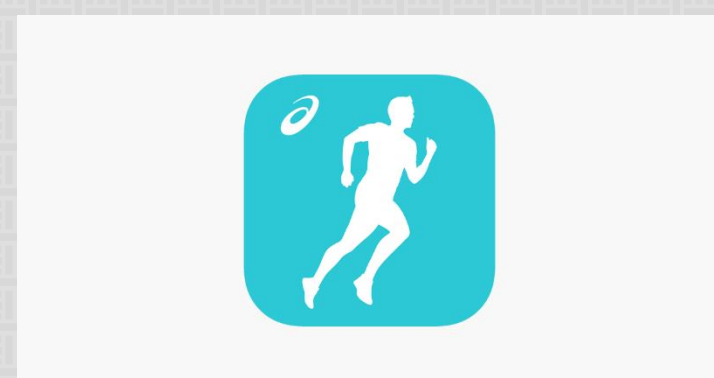
Physical activity is an essential part of a lifestyle that maintains and strengthens human health. This applies not only to our physical health, but also mental health, expressed in well-being, the ability to adapt to changing environmental stimuli, or the ability to rest effectively. The omnipresence of modern technologies has changed our habits, also in terms of lifestyle, including physical activity. It applies to children, adolescents and adults.

## RESULTS

Knowledge about optimal physical activity for health should be based on current and proven sources. Currently, we can use many modern digital tools such as online platforms, applications or games to disseminate it and to support systematically physical activity. The use of modern technologies in this area can be implemented both on an individual and institutional level, for example in schools. These tools are also useful in health campaigns about physical activity.

## APPLICATIONS

APP: e.g. HIIT- intervals training, interval timer, RunKeeper, Samsung Health, Google Fit: Health and Activity Tracking, Action Bound, Distance, Pace, Strava..



PLATFORMS: e.g.

[www.ncbkf.pl](http://www.ncbkf.pl):



SCHOOL;S PROJECT : e.g. Brain Breaks !

<http://hopsports.com/what-is-brain-breaks>



REHABILITATION: Magic Project!  
Promising area for using new technologies is the rehabilitation of stroke survivors patients. An example is the excellent project is MAGIC –Mobile Assistance for Groups and Individuals within the Community– Stroke rehabilitation; <http://magic-pcp.eu/>

## WEARABLE TECHNOLOGIES



"Designed by macrovector / Freepik"

## CONCLUSION

The use of modern technologies in promoting and supporting systematic physical activity and physical rehabilitation has enormous development potential and in the future we will be able to systematically use them on a large scale in education to develop habits of systematic physical activity in children, maintain it in young and older adults, support in seniors in everyday life, as well as supporting the rehabilitation of patients.