

MOVEMENT

USE IT OR LOSE IT

General



THE USE

- The guide represents an important and functional tool for understanding the objectives to be achieved and the knowledge and skills to be acquired
- Raise awareness to general well-being, healthy lifestyle through digital gadgets

THE GOALS

- Motivate people to start practicing sports and engaging in physical activity
- Teach about cooperation and team-work with the help of digital tools
- Develop problem solving skills

TARGET GROUP

Anyone



MATERIAL

- Depending on the activity, we could need either or all of the following:
 - APPs
 - Computer
 - Smart scale
 - Smart watch
 - Smartphone
 - VR glasses
 - Wii
 - VR gloves

BENEFITS

- Learning by doing
- Achieve greater awareness on healthy lifestyle
- Psychological and physical well-being

MOVEMENT

USE IT OR LOSE IT

1. Chapter

Multimedia sports activities



THE USE

- Increase sociability through sport
- Promote conscious physical activities through:
 - Non-formal learning
 - Games
 - Learning by doing
- Teaches about core values

THE GOALS

- Motivate children to start practicing sports and engaging in physical activity from an early age
- Teach them about cooperation and team-work
- Develop their problem solving skills
- Help them improve their motor skills

TARGET GROUP

TUTOR



MATERIAL

- Depending on the activity, we could need either or all of the following:
 - Smartphone
 - VR glasses
 - Wii
 - VR gloves

BENEFITS

- Making the children form friendships face-to-face and not online
- Getting them involved and started in a physical world, and showing them what to expect
- Introducing them to the possibility of getting injured and how to treat it
- Teach them fair-play

2. Chapter

Therapy of the movement



THE USE

- Increase digital culture in sports
- Keep track of heart rate
- Measure sleep activity
- Compare statistics from one month to another

THE GOALS

- Acquire information about your vital functions
- Be able to change diet plan and/or training program based on current bodily functions

TARGET GROUP

Anybody



MATERIAL

- Depending on the activity, we could need either or all of the following:
 - Smart scale
 - Smart band
 - Smart watch
 - Smart ring
 - Smart glasses
 - Weight loss app

BENEFITS

- Know your sleep patterns
- Understand what needs to be changed in order to improve a specific part of your health

3. Chapter

Nutrition and sport



THE USE AND GOALS

- Get to know the nutrients of each dish
- Keep track of calories
- Increase knowledge on dietary well-being
- Compare food with the help of nutri-score
- Assess the overall nutritional quality of foods

TARGET GROUP

Anybody



MATERIAL

- Nutri-score
- APP: Open food facts, Nutri app, Yuka-scan de produits, foodvisor

BENEFITS

- Create a balanced and conscious diet according to your needs
- Being more aware of the macronutrients and micronutrients

4. Chapter Let's Dance



THE USE AND GOALS

- Getting to know dances without attending real classes
- Making people exercise
- Improve your dancing skills

TARGET GROUP

Anybody



MATERIAL

- Live stream
- Twitch
- Youtube
- Instagram
- TikTok

BENEFITS

- You can manage your time with these Apps according to your time at home
- Useful if you are introvert
- You do not have to spend money while learning how to dance

5. Chapter

Sport activity streaming



THE USE AND GOALS

- Promote activities and projects
- Learning new activities
- Create new relationships

TARGET GROUP

Anybody



MATERIAL

- Computer
- Smartphone
- Twitch
- Wi-Fi

BENEFITS

- Creating new relationships due to having the same interest
- Develop a new topic
- You can follow the streaming from anywhere