

Advanced Topics

WEB SCIENCES

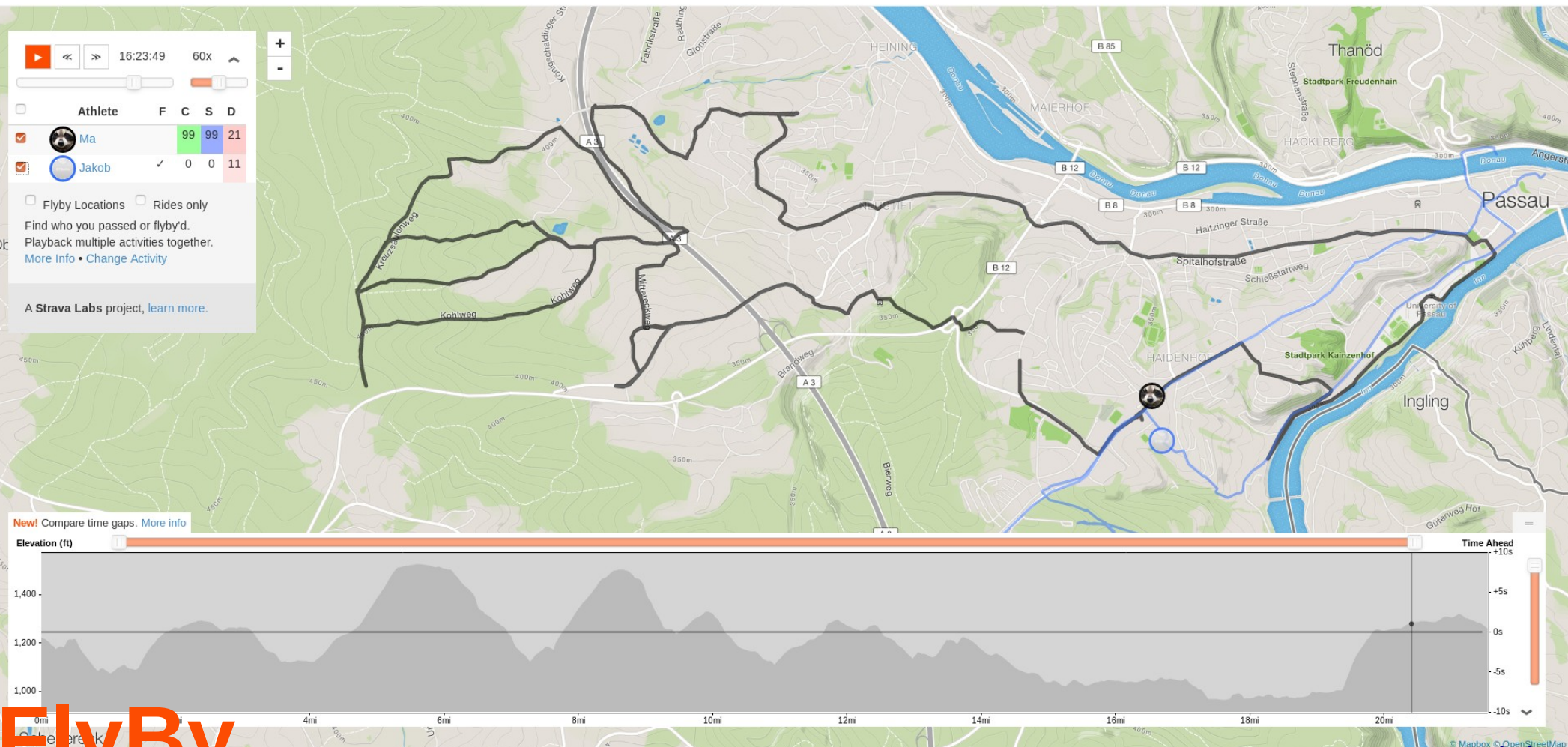
How is Mental Health impacted by Physical Activities Monitoring ?

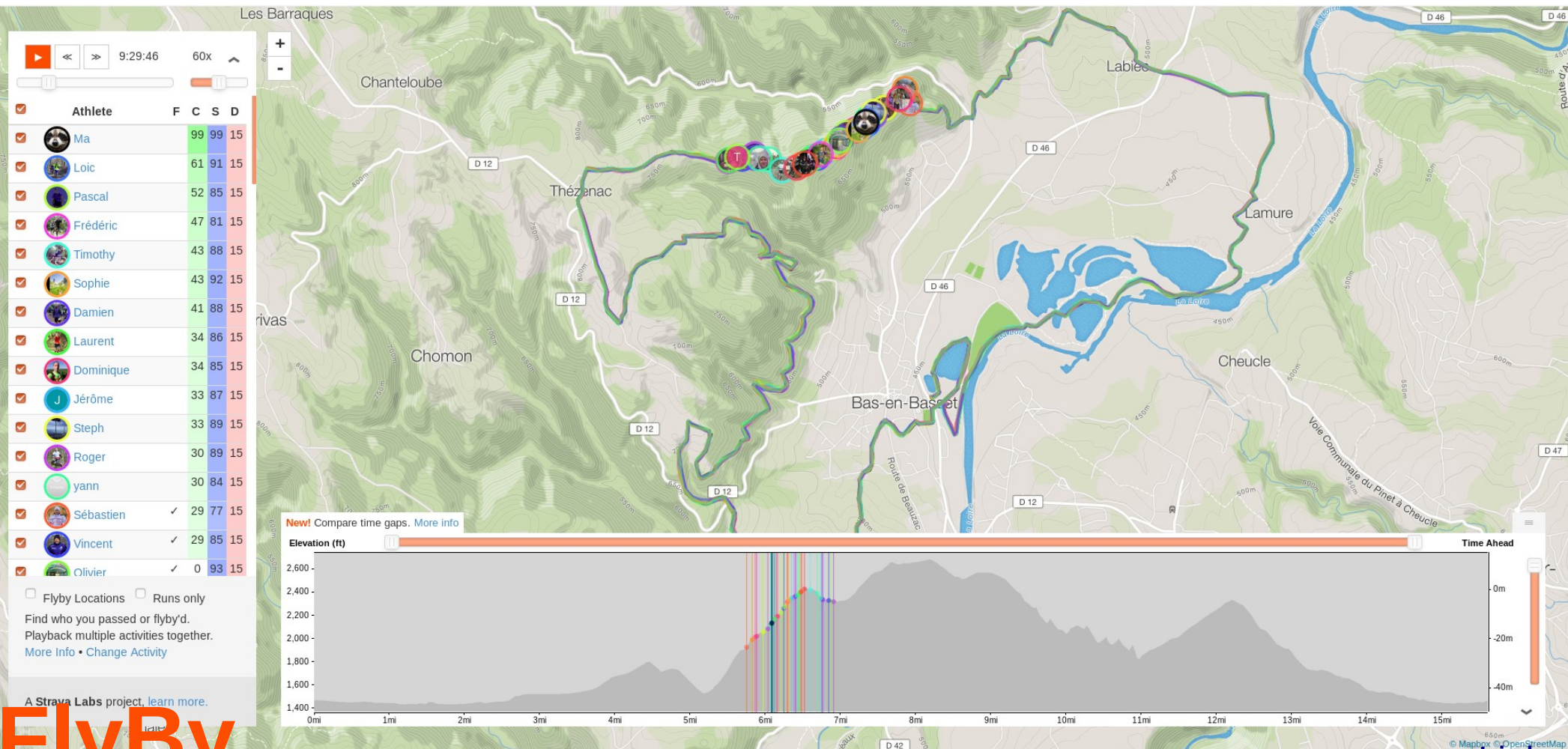


STRAVATM

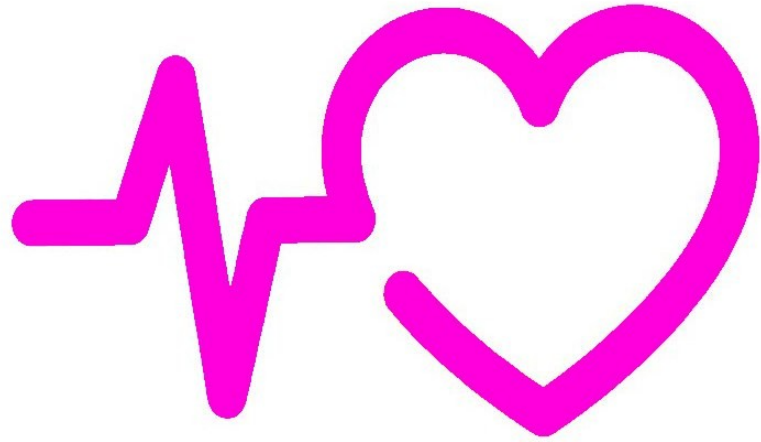


"If you're crazy about Strava"
- Dr. Koumpis, 14.05.2019





HEALTH



*“It would be great
if you could do something
related to health”*
- Dr. Koumpis, 14.05.2019

Mental Health

Mental Health



<https://www.youtube.com/watch?v=TUtmvIEhfe8>

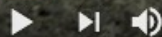
Sarah True

Professional triathlete
2 times olympian champion
Spiral of depression



Matt Pritchard

UK TV show star
Drugs, alcohol, depression
Found triathlon



0:25 / 12:41



*"Pressures of training
for and racing a triathlon
Can build up
and become overwhelming*

*But on the flip side,
swimming, cycling, and running
Actually act as an escape
from the pressure of everyday life"*



*"There is totally a correlation
between overtraining and
depression"*

*"Very common to experience
depression post event"*





*"Try to keep myself busy
so if I never are busy I overthink"*



