

**Advanced Topics**

# **WEB SCIENCES**

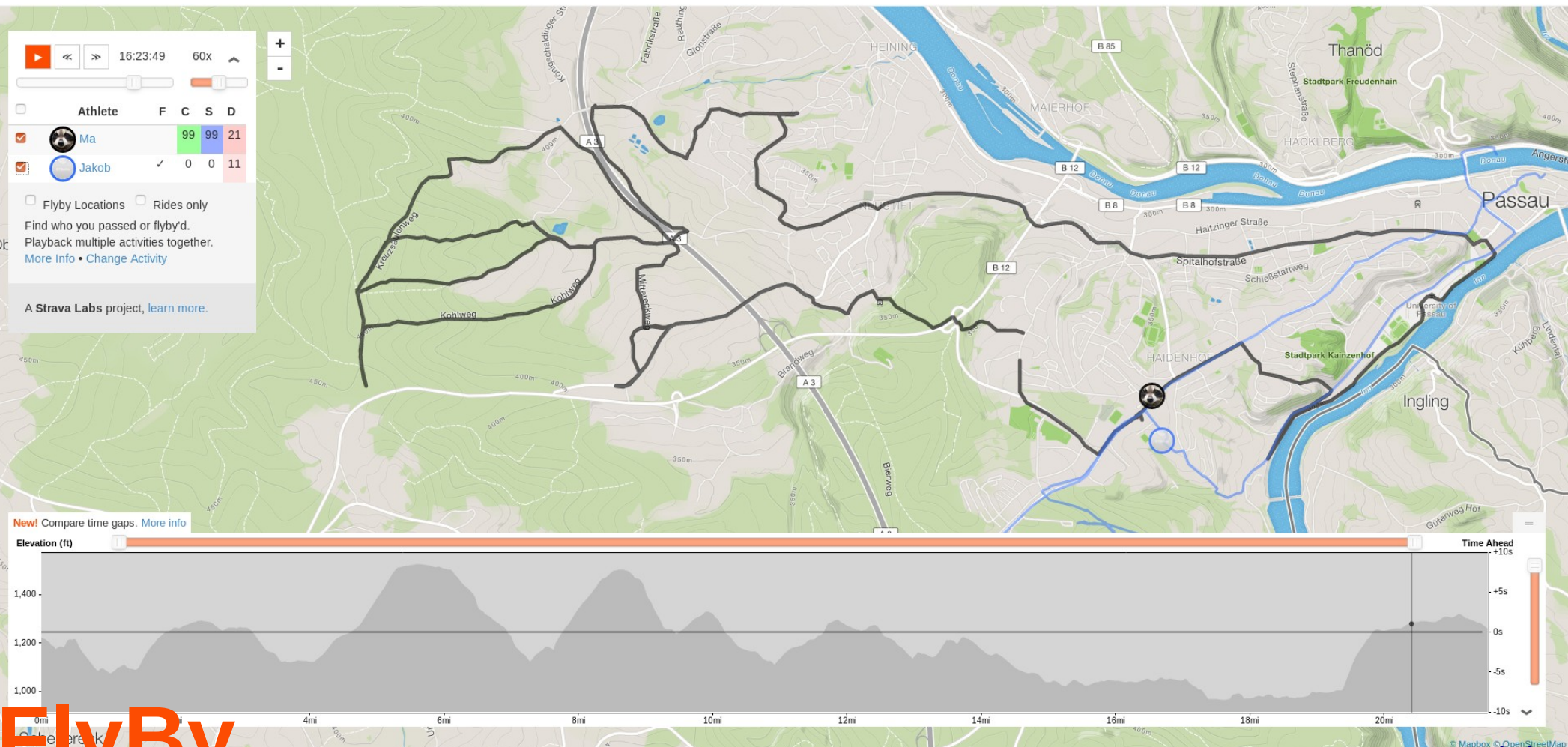
# How is Mental Health impacted by Physical Activities Monitoring ?



# STRAVA™



*“If you’re crazy about Strava”*  
- Dr. Koumpis, 14.05.2019



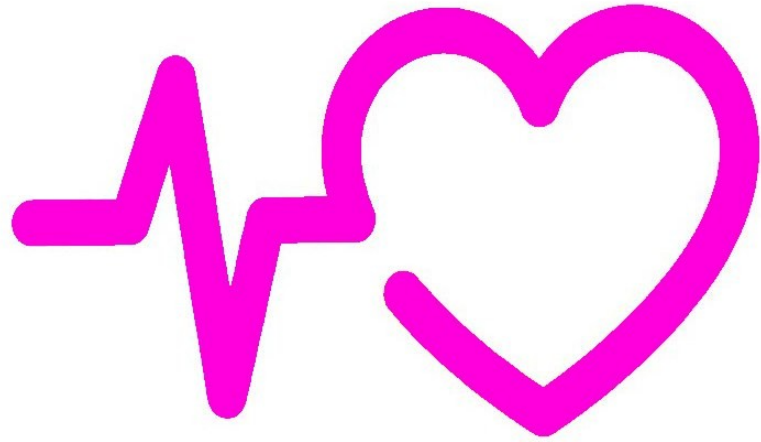
# FlyBy

Link





# 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





*"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"*





# Internet Activity