Lit Review

* Social media
  + Many online influencers to encourage people to exercise
  + Many fitness trainers
* Wearable technology
  + Smart watches i.e. apple watch
* Health and fitness apps
  + Vitality Active Rewards (VAR) programme, a smartphone-based app that is designed to encourage Vitality members to increase their activity levels

<https://www.yourfamily.co.za/past-features/4-ways-technology-can-help-exercise>

* Active Video Games
  + Active video games make it possible for players to physically interact via arm, leg or whole-body movements with images onscreen in a variety of activities and sports, including boxing, dancing, tennis, skiing, soccer and walking.
  + Active video games can be powerful tools in helping clients increase their activity levels.
* Smartphone
  + Lots of health and fitness applications
* Heart-reate monitors
  + Heart-rate monitors can be used to estimate energy expenditure because of the significant relationship that exists between the two

<https://www.acefitness.org/certifiednewsarticle/2904/5-ways-technology-can-help-your-clients-be-more/>

* Something more recent
* Other solutions
* activenotts.org.uk

**Lit Review**

* intro - talk about the reason why you chose your topic
* people that use those sources
* compare who used this currently
* what bonus they found
* limitation of current methods
* Area of improvement – could apply to my app too
* Name of sports app, features, strengths and weaknesses