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.

**Things to Research:**

* Something more recent
* **GOV:** Physical activity: applying All Our Health (Last Updated 16 October 2019)
* **BBC**: Lack of exercise puts one in four people at risk, WHO says (Uploaded 5 September 2018)
* **NHS**: Statistics on Obesity, Physical Activity and Diet, England, 2019
* **NHS Health Scotland**: Physical activity (Uploaded 04 July 2019)
* Other solutions

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Features** | **Strengths** | **Weaknesses** |
| Activenotts |  |  |  |
| Find a Player |  |  |  |
| Playwaze |  |  |  |
| Sportyapp |  |  |  |
| Teamapp |  |  |  |
| endomondo |  |  |  |
| Playo |  |  |  |
| GW Sports App |  |  |  |

**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

Notes:

* Add 2012 NHS article too and say how the problem still exists (compare statistics)