

## Topics of interest

### Pjotr

Fitness trackers

Sport Watches

Why do people not exercise

wii sports

**Gamification**

**Online training services**

Virtual reality

**AI personal trainers**

### Tijmen

Personally motivated to set goals and see statistics

Establishing a habit

Find the right sport

Engagement, part of something

Reward yourself

Being good at something

Tangible rewards

**Short workout**

Good music

**Low weight high rep, feels like doing a lot**

Follow a schedule

**Teams sports or individual**

Pokemon go

Wii <https://www.medindia.net/news/nintendos-fitness-video-game-can-motivate-inactive-people-to-exercise-85009-1.html>

Eline

How to Motivate someone

Personalization helps motivate people. People when things go smoothly and that motivates them.

<https://www.wikihow.com/Motivate-Someone>

Confidence Boosting

Confidence can be boosted through positive reaffirmation. Confidence helps raise motivation as well.

<https://www.cmu.edu/epp/files/jep-hlm-koriat-reason-for-confidence-1980.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7565481/>

## Reward Systems

The reward is somehow tangible and easily processed by the brain it is bound to be effective. Also, if it has great impact, like food for someone who is hungry, it is shown to be more effective. Using personalized rewards that cater to the persons needs is the best way to help keep motivation and confidence up.

<https://link.springer.com/article/10.1007/s40279-018-0898-0>

<https://www.frontiersin.org/articles/10.3389/neuro.09.006.2010/full>

## Rik

Evaluating the Effectiveness of Gamification on Physical Activity: Systematic Review and Meta-analysis of Randomized Controlled Trials

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8767479/>

Strategies to Increase Physical Activity

<https://www.cdc.gov/physicalactivity/activepeoplehealthnation/strategies-to-increase-physical-activity/index.html>

The Right Kind of Incentive Can Help People to Stay Active

<https://www.rand.org/pubs/commentary/2019/04/the-right-kind-of-incentive-can-help-people-to-stay.html>

Daily Exercise Incentives Lead to Sustained Activity Increase

<https://neurosciencenews.com/exercise-incentives-activity-25875/>

Making the most of physical activity apps

<https://www.health.harvard.edu/blog/making-the-most-of-physical-activity-apps-2020122121631>

Physical Activity and Technology

[https://www.physio-pedia.com/Physical\\_Activity\\_and\\_Technology](https://www.physio-pedia.com/Physical_Activity_and_Technology)

Khoa

## Wearable Technology in Injury Prevention

Lower extremity athletic injuries can result in significant time lost from sport, financial and psychological ramifications, and a high risk for re-injury. Optimizing current injury prevention and rehabilitation practices can reduce the risk of primary and secondary injury. The advent and continued development of wearable technology may allow clinicians access to previously unavailable data. Wearable technology can provide more precise measures of motion, force, or pressure than previous clinical measures.

<https://www.frontiersin.org/research-topics/14346/wearable-technology-in-injury-prevention>

## Exercise and stress relief

Regular physical activity keeps you healthy as it reduces stress. But another special sort of exercise known as autoregulation exercises can also reduce stress. Stress comes in many forms and produces many symptoms. Mental symptoms range from worry and irritability to restlessness and insomnia, anger and hostility, or sensations of dread, foreboding, and even panic.

<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

## Virtual Reality Exercise

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7312871/>

## Using artificial intelligence for exercise prescription

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10955739/>

## AI-Powered Fitness Assistants

Ever wished for an extra hand (or ten) to manage inquiries, bookings, and reminders? Enter AI-powered fitness assistants. These clever bots tackle routine tasks, answer FAQs, and even send motivational messages to keep clients on track. They're like having a 24/7 gym concierge, allowing your staff to focus on what they do best – inspiring clients to conquer their fitness goals.

<https://www.linkedin.com/pulse/gym-tech-makes-your-staff-more-effective-sumit-seth-vpi0c>

## Use social networking to connect with people

In all, there are 4.2 billion individuals who use social media regularly. It provides you with several opportunities to interact with customers. Connecting with customers on social media may inspire them and keep them returning. Clients may encourage others by posting "exercise selfies" in response to the challenges you arrange. You may still benefit from social media if you don't know anybody at the gym but follow the official page. If you didn't make it to class today but hope to see you soon, say so. Always abide by the social media site's business account policies while utilizing the network for official purposes.

<https://www.lookdigitalsignage.com/blog/5-tips-to-keep-your-gym-members-motivated-with-the-help-of-advanced-technologies>

<https://www.yourgymstory.com/post/how-can-digital-tools-help-people-in-the-gym-stay-motivated-and-consistent-with-their-workouts>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4334081/>

<https://blog.nasm.org/fitness/3-ways-technology-can-motivate-clients-exercise>

Tijmen

### Short workout

Federal guidelines say U.S. adults should get at least 75 minutes of vigorous physical activity, or 150 minutes of less-intense activity, each week. But over the past few years, a slew of studies have promoted the benefits of getting much, much less exercise than that. One 2022 study found that squeezing in just three one-minute bursts of vigorous activity each day could lead to a longer life.

<https://time.com/6242876/short-workouts-health-benefits/>

Think again. Are shorter workouts more effective? Yes! When it comes to exercise, it's all about quality, not quantity, according to recent research. It's much more productive to exercise for short periods of time each day rather than performing long workouts scattered throughout your weekly schedule. This is especially true when it comes to muscle strengthening. Now, let's delve into the research.

<https://www.eatthis.com/shorter-workouts-more-effective-science-says/>

### Low weight high rep, feels like doing a lot

Strength-training workouts that employ low weights and high reps are good for your heart, lungs, and building muscles. This includes high-intensity interval training (HIIT) workouts, which entail alternating between pushing your body hard and taking short breaks.

Workouts that use low weight with higher reps are also safer. If you try to lift weights that are too heavy, you are more likely to cause a muscle tear or strain.

[https://www.hss.edu/article\\_low-weight-high-reps.asp#:~:text=Strength%2Dtraining%20workouts%20that%20employ,hard%20and%20taking%20s hort%20breaks.](https://www.hss.edu/article_low-weight-high-reps.asp#:~:text=Strength%2Dtraining%20workouts%20that%20employ,hard%20and%20taking%20s hort%20breaks.)

High rep low weight training similar results as low rep high weight. High weight training increases risk of injury and friction on the joints. The proper form is easier to maintain with lower weights. The best method is using high and low weight reps. But starting off with lighter weights is improving the start of the habit.

Gaining strength is harder with lighter weights.

<https://www.youtube.com/watch?v=ZFiAq6QQRqA>

### Teams sports or individual

Team sports promote cooperation, no matter the individual talents of the players, you must work together and rely on your teammates in order to succeed.

<https://northernspinal.com.au/team-vs-individual-sport/>

Heel veel informatie: :)

[https://www.researchgate.net/publication/281106595\\_Are\\_There\\_Differences\\_in\\_Motives\\_Between\\_Participants\\_in\\_Individual\\_Sports\\_Compared\\_to\\_Team\\_Sports](https://www.researchgate.net/publication/281106595_Are_There_Differences_in_Motives_Between_Participants_in_Individual_Sports_Compared_to_Team_Sports)

Team sport can improve discipline, team work and goal setting skills. Individual sports are good for relaxation, concentration and flexibility. Furthermore it gives you the feeling of participation, responsibility not doing it just for yourself and increases social relations. Each method has their own pros and cons, but team sports improves motivational aspects.

Storm:

Motivational speakers:

There are many motivational exercise speakers who encourage people to get up and go exercising. alone in the Netherlands we have many like joël beukers, Mo bicep or Mees Dix. They all want to motivate you to exercise and work on your body. They work by telling you a story to what you can relate to to get moving. They make their money selling supplements to people which help them build a better posture. And help them perform on the gym floor.

<https://www.eaglestalent.com/top-10-motivational-fitness-keynote-speakers/>

[https://cleannutrition.nl/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=branded&utm\\_term=joel beukers&gad\\_source=1&gclid=Cj0KCQjw\\_qexBhCoARIsAFgBleuiDBNAsdPKMdcSSxiTqPsB2-QLaPq3rLaQZ\\_cObPwz5y0fUsm\\_sQUaAm5NEALw\\_wcB](https://cleannutrition.nl/?utm_source=google&utm_medium=cpc&utm_campaign=branded&utm_term=joel%20beukers&gad_source=1&gclid=Cj0KCQjw_qexBhCoARIsAFgBleuiDBNAsdPKMdcSSxiTqPsB2-QLaPq3rLaQZ_cObPwz5y0fUsm_sQUaAm5NEALw_wcB)

<https://open.spotify.com/show/4rOoJ6Egrf8K2IrywzwOMk>

Tools to motivate people:

There are many ways to motivate people, most of the tools used in the workplace can also work on people to motivate them to go exercise. So i have included some links to some motivational tools as well as tools for in the gym as for i the workspace. We can combine More tools to make an effective approach to get people motivated to exercise more.

<https://screencloud.com/fitness/ways-to-motivate-gym-members>

<https://www.indeed.com/career-advice/career-development/motivation-techniques-for-the-workplace>

<https://www.onepeloton.com/blog/workout-motivation-tips/>

<https://gulfnews.com/lifestyle/health-fitness/9-motivational-fitness-tools-1.1186891>

Gadgets and techniques:

There are many gadgets to help people to exercise. You have smartwatches, massage guns, sleep trainers, boxing machines and don't even get me started on machines stationed in the gym. There are many ways technique is helping people to reach their targets. The smartwatch seems like the most used one because it is very versatile and affordable.

<https://www.slashgear.com/1295832/things-stop-doing-android-phone-immediately/>

<https://www.gq-magazine.co.uk/gallery/top-fitness-gadgets>

[https://www.bol.com/nl/nl/p/smart-music-boxing-machine-met-bluetooth-bokszak-boksbal-digitale-boksmachine-intelligente-training-boksmachine-met-muziek-fitness-zomer-geluid-boksen/9300000167238513/?Referrer=ADVNLGOO002037-S--9300000167238513&gad\\_source=1&gclid=Cj0KCQjw\\_qexBhCoARIsAFgBletZzjjKgWxNLRPvC42XSdVZXas\\_mwZVs2SXH5nJQCaUULZRN2EDKswaAuGEEALw\\_wcB](https://www.bol.com/nl/nl/p/smart-music-boxing-machine-met-bluetooth-bokszak-boksbal-digitale-boksmachine-intelligente-training-boksmachine-met-muziek-fitness-zomer-geluid-boksen/9300000167238513/?Referrer=ADVNLGOO002037-S--9300000167238513&gad_source=1&gclid=Cj0KCQjw_qexBhCoARIsAFgBletZzjjKgWxNLRPvC42XSdVZXas_mwZVs2SXH5nJQCaUULZRN2EDKswaAuGEEALw_wcB)



What if we could use FietsKar to motivate people to exercise more?

Pjotr:

Gamification

Online training services

AI personal trainers

Rik:

Incentive systems

Youth programs

VR exercising

Storm:

Motivational speakers

Tools to motivate people

Technique and gadgets

Eline:

Confidence Boosting

Reward Systems/tangibility

How to motivate someone/Personalization

Tijmen

Short workout

Low weight high rep, feels like doing a lot

Teams sports or individual

Khoa

Wearable Technology in Injury Prevention

Exercise and stress relief

AI-Powered Fitness Assistants