Fitness apps

Pre-task:

There are meters on the market that count your steps, countless apps on the Smartphone that check your fitness and measure your heart rate. Do you need these apps? Talk to your partner. Do you know such apps? Have you used any? What do you think about them?

Task 1:

Look for an article or a video on the web about the "Danger of fitness apps" and send it to your partner. Both of you read the article or watch the video and collect arguments for and against the apps.

To find arguments for apps, the following questions may help:

(How) can the apps support health?

(How) can they help you to feel good?

(How) can they improve your looks?

To find arguments against, the following questions may help:

(How) can the apps be harmful for your health?

(How) can the apps lead to a financial loss?

(How) can they put your privacy at risk?

(How) can they put your personal safety at risk?

Now choose a position each (for or against fitness apps) and debate the advantages and disadvantages.

Task 2:

Download a fitness app (e.g. Get into shape with the best iPhone fitness apps) and test it for one week. Then compare your results and talk about your experience. Did you like the app? Do you want to continue with this app?

Sources

Text 1   https://www.digitaltrends.com/mobile/best-health-and-fitness-apps-for-iphone/

eunita.org