

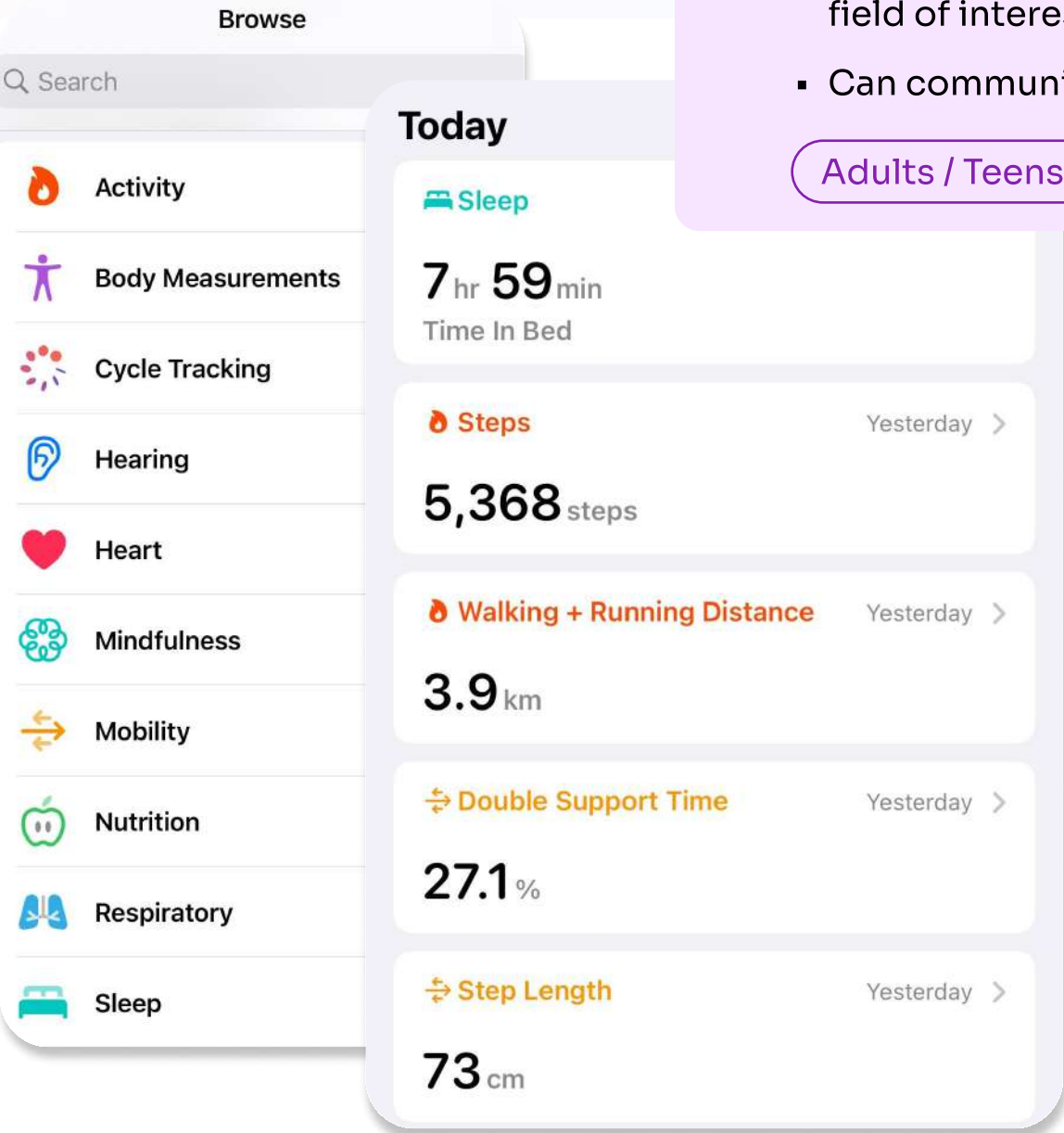
Wellness at Your Fingertips

Skills:

- Can give clear, detailed descriptions on a wide range of subjects related to his/her field of interest.
- Can communicate detailed information reliably.

Adults / Teens

Group



1 Look at the picture. What kind of app is it? What do people need it for? What information does it usually gather?

Create a short dialogue where Student A is explaining the app to Student B who is unfamiliar with this kind of app.

2 Brainstorm in small groups and then share with the rest of the class:

What are some benefits and drawbacks of using health tracking apps?

3 Find the words in the text below that match the following definitions:

1. keeping track of your well-being and fitness levels over time - _____
2. easy-to-use screens and controls designed for people to interact with technology - _____
3. connect or match data from one device to another for consistency - _____
4. the regular way you sleep, including how long you sleep and when you wake up - _____
5. significant points or achievements reached during a process or journey - _____
6. long-lasting health issues that require ongoing management - _____
7. the number of times your heart beats in a minute - _____
8. observing and recording the physical movements you do each day - _____
9. examine the information collected about your habits and behaviors to draw conclusions - _____
10. digital rewards given for achieving specific goals or milestones - _____
11. the force of blood against the walls of your arteries as your heart pumps it around your body - _____

4 Read the text and mark the sentences as True, False, or Not Given. Then, answer the questions.

Do you know how many steps you take in a day? How many hours do you sleep at night? What about your heart rate when you're running? If you have a smartphone or a fitness tracker, you probably do. There are hundreds of health-tracking apps and devices on the market today, and they're becoming more popular every year.

Health tracking apps are used by millions of people worldwide to monitor their daily activities, sleep patterns, and even their moods. Some people use them to help them lose weight or train for a marathon. Others use them to manage chronic conditions like diabetes or high blood pressure.

One reason for their popularity is that health-tracking apps are easy to use. Most of them sync with your phone's GPS, so you don't have to manually enter your activities. They also have user-friendly interfaces that make it simple to view and analyze your data. Many apps even offer personalized recommendations based on your goals and progress.

Another reason for their popularity is that they're fun. Many health-tracking apps have social features that allow you to compete with friends or join challenges. For example, you can see who takes the most steps in a week or who gets the most hours of sleep. Some apps even give out virtual badges or rewards for reaching certain milestones.

The most popular time of year for these apps is after Christmas. Many people make New Year's resolutions to get fit and lose weight. They start using a health app to help them do this. Unfortunately, many people give up after just a few weeks. By February, the number of people using the app has dropped significantly. Then, in the spring, there is another increase in popularity, as people try to get in shape for the summer.

In the future, health-tracking apps may become even more advanced. For example, researchers are currently developing apps that can detect early signs of diseases like cancer or Alzheimer's. There are also apps that use artificial intelligence to provide personalized health coaching and support.

As our lives become more connected and technology continues to advance, it's likely that health tracking apps will play an even bigger role in our daily lives. Whether you're trying to get fit, manage a chronic condition, or just stay healthy, there's probably an app for that.

- The author asks the reader to track their daily activities.
- Millions of people globally use health-tracking apps to monitor their daily activities, sleep patterns, and moods.
- Everyone uses health tracking apps to lose weight or train for a marathon.
- Health-tracking apps will become even easier to use in the future.
- Apps provide tailored suggestions based on individual goals and achievements.
- Health tracking apps are only used individually and do not have social features.
- Health tracking apps are most popular after the holiday season.
- Everyone makes New Year's resolutions to get fit and lose weight.

Do you think the social features in health tracking apps, such as competing with friends or joining challenges, motivate people to stay active? If not what can motivate people to continue using them?

How do you think health tracking apps can improve overall health outcomes for individuals who use them regularly?

5 Form groups of 3-5 students and come up with a description of a perfect health-tracking app for everybody. Brainstorm ideas based on the following criteria:

- Interface;
- Essential features;
- Personalization options;
- Compatibility across devices (the ability to be used on a different devices);
- Motivational elements.

Present your description to your teacher. Each student in your group can talk about 1-2 criteria. Use the vocabulary from the text (Exercise 3).

Correct answers

1

The idea was generated in the “Lead-in Activities” tool.

3

Made in the “Word-Definition Matching”.

1. health tracking
2. user-friendly interfaces
3. sync with
4. sleep patterns
5. milestones
6. chronic conditions
7. heart rate
8. monitor daily activities
9. analyze your data
10. virtual badges
11. blood pressure

4

Made in “Create a Text” + “True/False” + “Discussion Questions”.

1. Not Given (This statement is not directly mentioned in the text, it is an inference based on the author's questions.)
2. True
3. False (Exaggerates the usage mentioned in the text, misrepresenting the factual data.)
4. Not Given (This might be a very logical prediction but there is no information in the text to prove this.)
5. True
6. False (This statement implies that health tracking apps are solely for individual use, but the text mentions social features.)
7. True
8. False (Exaggerates the number of people mentioned in the text, misrepresenting the factual data.)

5

Inspired by the “Lead-in Activities” tool.