

best fitness apps for teens

best fitness apps for teens are becoming increasingly vital in a world where digital engagement often overshadows physical activity. These applications offer a dynamic and accessible way for young people to embrace healthy habits, track their progress, and discover fun ways to stay active. From guided workouts and nutrition tracking to gamified challenges and social accountability, the options are diverse and tailored to the unique needs and preferences of teenagers. This article delves into the top fitness apps that cater specifically to the adolescent demographic, exploring their features, benefits, and how they can empower teens to lead healthier, more active lives. We will examine how these digital tools can make fitness engaging, sustainable, and ultimately, a positive part of a teen's overall well-being.

Table of Contents

Understanding Teen Fitness Needs

Top Fitness Apps for Teens: A Comprehensive Look

Key Features to Look for in Teen Fitness Apps

Integrating Fitness Apps into a Teen's Lifestyle

The Future of Fitness Technology for Adolescents

Understanding Teen Fitness Needs

Adolescence is a critical period for developing lifelong health habits. During these formative years, teens experience significant physical, emotional, and social changes. Their fitness needs are distinct, focusing not only on building strength and endurance but also on fostering body positivity, managing stress, and establishing a healthy relationship with exercise and food. Unlike adults who might be focused on specific performance goals or weight loss, teens often benefit from approaches that are fun, engaging, and non-intimidating. The goal is to make fitness an enjoyable part of their routine, rather than a chore.

Furthermore, the digital native generation of teens is naturally drawn to technology. Leveraging this inclination through well-designed fitness apps can significantly increase engagement and adherence to healthy practices. These apps can bridge the gap between screen time and active time by offering interactive experiences that motivate and educate. Understanding this unique intersection of adolescent development and digital literacy is key to identifying which fitness apps will be most effective and appealing to this demographic.

Top Fitness Apps for Teens: A Comprehensive Look

The market offers a plethora of fitness applications, but a select few stand out for their suitability for teenagers. These apps often incorporate elements that resonate with a younger audience, such as gamification, social features, and customizable content. Evaluating these apps involves looking at their workout variety, nutritional guidance, tracking capabilities, and overall user experience. The aim is to highlight applications that can genuinely contribute to a teen's physical and mental well-being, promoting a holistic approach to health.

Nike Training Club (NTC)

Nike Training Club is a powerhouse in the fitness app world, offering a vast library of workouts designed for all levels, including those specifically curated for teens. It provides a wide range of exercise types, from strength training and cardio to yoga and mobility. The app features guided programs and individual workouts led by expert trainers, ensuring proper form and motivation. Its clean interface and high-quality video content make it easy for teens to follow along and feel confident in their fitness journey. NTC also offers programs focusing on building confidence and mindful movement, which are particularly beneficial for adolescents.

Fitbod

Fitbod stands out for its intelligent workout personalization. The app uses algorithms to generate workouts that adapt to your recovery status and previous training sessions. This means teens get tailored routines that optimize muscle engagement and minimize the risk of overtraining. It's particularly effective for those who are interested in strength training and want to progressively challenge themselves. The app provides clear instructions and video demonstrations for each exercise, making it accessible for beginners. Its focus on progressive overload helps teens build strength and see tangible results, fostering a sense of accomplishment.

Strava

While often associated with runners and cyclists, Strava is an excellent app for teens who enjoy outdoor activities or competitive challenges. It allows users to track their runs, bike rides, swims, and many other sports using GPS. The social aspect of Strava is a significant draw, enabling teens to connect with friends, join clubs, and participate in challenges. This gamified approach, with leaderboards and personal bests, can be highly motivating. It encourages exploration and friendly competition, turning exercise into an adventure. The app also provides detailed performance metrics, allowing for insightful progress tracking.

MyFitnessPal

For teens looking to understand their nutritional intake alongside their fitness routines, MyFitnessPal is an invaluable tool. It boasts an extensive food database, allowing users to log meals and track their calorie and macronutrient consumption. This app is not about restrictive dieting but rather about education and awareness. By understanding what they are eating, teens can make more informed choices that support their fitness goals and overall health. It also integrates with many fitness trackers, providing a comprehensive view of their daily activity and dietary habits.

Zombies, Run!

This app brilliantly blends fitness with storytelling, making exercise incredibly engaging for teens. *Zombies, Run!* turns outdoor running or walking into a mission where users are tasked with collecting supplies and escaping zombies. Audio cues provide narrative and instructions, creating an immersive experience. It encourages consistent physical activity by making it feel like a game. The app is perfect for teens who might find traditional workouts monotonous and are looking for a more imaginative way to get their heart rate up. It fosters a sense of adventure and achievement with every completed mission.

Couch to 5K (C25K)

The Couch to 5K program is a classic for a reason, and its app version is ideal for beginners, including teens, looking to start running. It follows a structured, gradual plan that builds up endurance over several weeks, culminating in the ability to run a 5K. The app provides audio prompts for pacing, rest, and encouragement. This structured approach removes the guesswork and intimidation factor often associated with starting a running routine. It's a highly achievable goal that can build significant confidence and a foundation for a more active lifestyle.

Key Features to Look for in Teen Fitness Apps

When selecting the best fitness apps for teens, several key features should be prioritized to ensure engagement, safety, and effectiveness. These features cater to the specific developmental stage and interests of adolescents. Understanding what makes an app suitable for this demographic can guide parents and teens in making informed choices that support a positive and sustainable fitness journey.

Gamification and Challenges

Many teens are motivated by elements of play and competition. Apps that incorporate gamified features, such as points, badges, leaderboards, and virtual rewards, can transform exercise into an enjoyable experience. Challenges, both individual and group-based, encourage consistency and provide a sense of accomplishment. These elements tap into a teen's natural inclination towards interactive digital experiences, making them more likely to stick with a fitness routine.

Variety of Workouts and Activities

Teenagers have diverse interests and physical capabilities. The best fitness apps offer a wide range of activities beyond traditional gym workouts. This includes options like yoga, dance, sports-specific training, outdoor adventures, and mindfulness exercises. Providing variety ensures that teens can find activities they genuinely enjoy, increasing their likelihood of continued participation. It also promotes a well-rounded approach to fitness, developing different aspects of physical health.

Progress Tracking and Goal Setting

Visualizing progress is a powerful motivator. Apps that allow teens to track their workouts, personal bests, distance covered, calories burned, and other relevant metrics can provide a clear sense of achievement. The ability to set personal goals, whether it's running a certain distance or completing a set number of workouts, helps teens stay focused and driven. These tracking features also allow for data-driven adjustments to their fitness plans.

User-Friendly Interface and Accessibility

A complex or confusing app interface can deter even the most motivated teen. Apps should be intuitive, easy to navigate, and visually appealing. Clear instructions, high-quality video demonstrations, and straightforward logging mechanisms are essential. Accessibility features, such as adjustable font sizes or compatibility with assistive technologies, can also make the app usable for a wider range of teens. The overall user experience should be positive and encouraging.

Social Features and Community Support

For many teens, social connection is paramount. Apps that allow them to connect with friends, share their progress (if they choose), and participate in group challenges can foster a sense of community and accountability. This social aspect can make fitness feel less isolating and more like a shared activity. However, it's also important that these features are optional and allow teens to control their privacy settings.

Integrating Fitness Apps into a Teen's Lifestyle

Successfully integrating fitness apps into a teen's lifestyle requires a thoughtful approach that respects their autonomy while providing gentle encouragement. It's not just about downloading an app; it's about fostering a positive relationship with technology and physical activity. This integration should be gradual and supportive, focusing on making fitness a sustainable and enjoyable part of their daily lives.

Setting Realistic Expectations

It's important for both teens and their parents to set realistic goals and expectations when using fitness apps. Instant results are unlikely, and occasional missed workouts are normal. The focus should be on consistency and progress over perfection. Encouraging teens to celebrate small victories and acknowledge their efforts, regardless of the outcome, is crucial for building long-term motivation and a healthy mindset towards fitness.

Balancing Screen Time and Activity

While fitness apps leverage screen time for positive engagement, it's essential to maintain a healthy balance. Encourage teens to use apps as tools to guide their physical activity, rather than replacing it entirely. This might involve using an app for a 30-minute workout followed by outdoor play, or using it to track a sports practice. The goal is to ensure that digital tools enhance, not detract from, real-world movement and experiences.

Encouraging Exploration and Choice

Teens are more likely to stick with activities they genuinely enjoy. Encourage them to explore different apps and workout styles offered. If one app or type of exercise doesn't resonate, help them try another. This sense of agency empowers them to take ownership of their fitness journey. Supporting their exploration ensures that they find activities that fit their personality, interests, and physical capabilities, fostering a positive and lifelong habit.

Making it a Family Affair

Involving the whole family can significantly boost a teen's engagement with fitness apps. When parents participate, it models healthy behaviors and creates opportunities for shared activities. This could involve family challenges within an app, going for runs together, or trying new workout classes. This shared experience can strengthen family bonds while promoting a healthier lifestyle for everyone.

The Future of Fitness Technology for Adolescents

The landscape of fitness technology is constantly evolving, and the future holds even more exciting possibilities for engaging teens in physical activity. As technology advances, we can anticipate more personalized, interactive, and immersive fitness experiences tailored specifically for younger users. The integration of artificial intelligence, virtual reality, and augmented reality is poised to revolutionize how teens approach health and wellness.

We are likely to see fitness apps becoming even more sophisticated in their ability to adapt to individual needs, offering dynamic coaching that responds in real-time to a teen's performance and mood. Gamification will likely become more sophisticated, blending with educational content to teach teens about biomechanics, nutrition, and the importance of mental well-being. The aim will be to create holistic fitness experiences that not only build physical strength but also foster mental resilience and a positive self-image, ensuring that technology serves as a powerful ally in promoting lifelong health for adolescents.

The integration of wearable technology will also play a significant role, providing more accurate and comprehensive data that can inform personalized fitness plans. As these technologies become more

accessible, they have the potential to democratize fitness, offering engaging and effective solutions for teens from all backgrounds. The future of fitness apps for teens is bright, promising innovative ways to inspire movement and cultivate healthy habits for generations to come.

FAQ

Q: What are the most important factors to consider when choosing a fitness app for a teen?

A: When selecting a fitness app for a teen, prioritize features that promote engagement and enjoyment, such as gamification, a variety of workout options, and user-friendly design. Safety and age-appropriateness of content, along with robust privacy settings, are also crucial. The app should offer clear guidance and support progress tracking without being overly demanding or promoting unhealthy comparisons.

Q: Are fitness apps suitable for teens who are new to exercise?

A: Yes, many fitness apps are specifically designed for beginners, including teens. Programs like "Couch to 5K" or apps with beginner-level guided workouts provide structured plans and clear instructions to help them build confidence and stamina gradually. The key is to choose an app that offers modifications and progresses at a manageable pace.

Q: How can fitness apps help teens build confidence?

A: Fitness apps can boost teen confidence by helping them achieve personal goals, track their progress, and see tangible improvements in their strength, endurance, or coordination. Many apps also focus on positive reinforcement and body positivity, shifting the emphasis from appearance to overall well-being and capability. Successfully completing challenges and mastering new skills within the app can also significantly enhance self-esteem.

Q: What are the risks associated with fitness apps for teens?

A: Potential risks include excessive focus on appearance rather than health, the promotion of unhealthy eating habits if the app's nutritional advice is not balanced, and the possibility of overtraining or injury if workouts are too intense or not performed correctly. There's also the risk of social comparison and cyberbullying if the app has strong social features without adequate moderation and privacy controls.

Q: Can fitness apps help teens manage stress?

A: Absolutely. Many fitness apps incorporate elements like yoga, meditation, and mindfulness exercises that are highly effective for stress management. The physical exertion from workouts themselves can also be a powerful outlet for pent-up energy and anxiety. By encouraging regular

physical activity, these apps can contribute to improved mood and overall mental well-being in teens.

Q: How can parents encourage their teens to use fitness apps responsibly?

A: Parents can encourage responsible use by discussing the app's purpose and features together, setting healthy boundaries around screen time, and participating in fitness activities with their teen. Open communication about their experiences, celebrating effort and progress rather than just results, and ensuring the teen feels comfortable discussing any concerns are also vital. It's important to focus on the holistic benefits of fitness for health and well-being.

Q: Are there fitness apps that focus on specific sports or activities for teens?

A: Yes, the market offers specialized apps for various sports and activities. For instance, there are apps focused on improving skills in basketball, soccer, or tennis, offering drills and training routines. Similarly, apps dedicated to running, cycling, swimming, or even dance provide sport-specific guidance, tracking, and training plans to help teens excel in their chosen pursuits.

Best Fitness Apps For Teens

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best fitness apps for teens: Fighting Invisible Tigers Earl Hipp, 2020-12-16 Award-winning title offers teens straightforward advice on stress management, anxiety reduction, and digital well-being. Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors. Now in its fourth edition, the revised and updated Fighting Invisible Tigers teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn: smart approaches to handle decision-making easy steps toward greater assertiveness relaxation and mindfulness exercises to focus their minds time management skills to avoid feeling pressured how to avoid online drama positive self-talk techniques and more! Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

best fitness apps for teens: Mindfulness for Teen Athletes Roberto Dessert Werner, You're a talented athlete. You've put in countless hours of physical training. Your body is primed for performance. But something keeps holding you back—your mind! And that's exactly what this practical, no-nonsense workbook addresses. Mindfulness for Teen Athletes: Mental Training Workbook for Peak Performance, Focus, and Anxiety Control cuts through the fluff and delivers what

actually works for young competitors. This isn't some theoretical mumbo-jumbo or watered-down psychology. It's a straightforward approach based on Rational Emotive Behavior principles and mindfulness techniques that have been proven effective with athletes at all levels. Let me tell you about Jamie, a high school soccer player who came to me practically paralyzed by performance anxiety. Before important games, she'd tell herself: I HAVE to play perfectly or I'll let everyone down! This absolutist thinking created so much pressure that she'd freeze up during crucial moments. Through the techniques in this workbook, Jamie learned to challenge these irrational beliefs and replace them with more helpful thoughts: I want to play well, but mistakes happen to everyone, and I can handle it if I don't play my best game. The result? More consistent performance and actual enjoyment of the sport she loves! Then there's Marcus, a talented basketball player who would become completely derailed after missing shots. One missed free throw would spiral into catastrophic thinking: I'm a horrible player! I'll never improve! Through mindfulness training, Marcus learned to stay in the present moment rather than dwelling on past mistakes or worrying about future outcomes. He discovered how to acknowledge a missed shot without harsh self-judgment, reset his focus, and move on to the next play. This workbook provides teen athletes with concrete tools to:

- Identify and dispute the irrational beliefs creating unnecessary anxiety
- Develop focused attention that improves performance
- Accept uncomfortable thoughts and feelings without being controlled by them
- Build pre-competition routines that optimize mental readiness
- Bounce back quickly from mistakes and setbacks
- Perform consistently under pressure

Each chapter includes real-life examples from teen athletes, clear explanations of key concepts, and—most importantly—practical exercises you can implement immediately. The workbook format allows you to apply these strategies directly to your specific sport and situation. Parents and coaches will also find valuable insights into how they can support their athletes' mental training without adding to performance pressure. The final section provides specific guidance for creating a mindfulness-supportive environment that enhances both performance and enjoyment. What sets this workbook apart is its no-nonsense approach. There's no magical thinking, just practical techniques based on how the mind actually works. The mindfulness practices are specifically tailored for the unique challenges teen athletes face, from social pressure to academic-athletic balance to the emotional intensity of competition. Stop letting your thoughts sabotage your athletic potential. With consistent practice of these mindfulness skills, you'll develop the mental toughness that allows your physical talents to shine through when it matters most. **THE BOTTOM LINE** Your thoughts and beliefs about performance have an enormous impact on your athletic success. This workbook gives you the tools to identify unhelpful thinking patterns, develop present-moment awareness, and perform at your peak even under pressure. These are the same mental training techniques used by elite athletes around the world, adapted specifically for teens. If you're ready to transform your mental game and take your performance to the next level, this workbook provides the clear, actionable roadmap to get you there.

best fitness apps for teens: Unschooling Teens Julian Ash Carter, 2025-08-11 Discover the Freedom to Learn on Your Own Terms What if education wasn't confined to classrooms or strict schedules? Imagine a world where teenagers take the reins of their own learning journey—exploring topics they're passionate about, developing crucial life skills, and growing into confident, independent adults. This book invites families and teens to rethink what education truly means by diving into the inspiring approach of self-directed learning. *Unschooling Teens: Unlocking the Power of Self-Directed Learning* offers a comprehensive roadmap to navigating this transformative path. From debunking myths and understanding the philosophy behind unschooling, to practical guidance on creating supportive home environments and balancing technology with real-world experiences—every chapter equips readers with tools to make learning personalized, engaging, and meaningful. Whether you're curious about how unschooling fits into modern education or ready to embark on this journey with your teen, the book explores crucial topics such as nurturing passions, building essential life skills, managing social dynamics, and preparing for college or career without traditional transcripts. Real-life stories from families who have embraced this approach provide

encouragement and insight, illustrating the limitless possibilities when teens are trusted to lead their own education. Families who feel trapped by the constraints of conventional schooling will find encouragement to shift mindsets, establish healthy boundaries, and foster open communication. Educators and parents alike will appreciate the thoughtful strategies for guiding without controlling—ensuring teens feel empowered, capable, and motivated. Step beyond the one-size-fits-all model and discover how a self-directed education can unlock creativity, resilience, and lifelong learning. This book is a must-read for anyone ready to embrace the future of education and support teens in thriving on their own terms.

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best fitness apps for teens: Goodnight Mind for Teens Colleen E. Carney, 2020-06-01 Millions of teens struggle with sleep and feel exhausted as a result. Goodnight Mind for Teens will help teens cope with the anxious and over-stimulating thoughts that can lead to insomnia, identify and work with their own circadian rhythm, and set up a new sleep schedule so they can improve their alertness, feel more energetic, and be in a better mood throughout the day.

best fitness apps for teens: Top 100 Medical Apps: Revolutionizing Healthcare in the Digital Era Navneet Singh, □ Outline: □ Introduction The rise of mobile health technology Impact of apps on modern healthcare Why these 100 apps are game-changers □ Section 1: Telemedicine & Virtual Care Apps Overview of Telemedicine Growth Top Apps: Teladoc Health Amwell MDLIVE Doctor on Demand Medici Doxy.me Lemonaid PlushCare HealthTap Maple □ Section 2: Medical Reference & Clinical Tools Importance for Healthcare Professionals Top Apps: Epocrates UpToDate Medscape Lexicomp BMJ Best Practice DynaMed MDCalc Figure 1 VisualDx Omnio □ Section 3: Mental Health & Wellness Apps Growing Importance of Mental Health Support Top Apps: Headspace Calm Moodfit Talkspace BetterHelp MindDoc Sanvello Happify Woebot Insight Timer □ Section 4: Fitness, Nutrition & Lifestyle Apps Health Tracking & Lifestyle Management Top Apps: MyFitnessPal Fitbit Noom Fooducate Lifesum Yazio 8fit Nike Training Club JEFIT Lose It! □ Section 5: Chronic Disease Management Apps Monitoring and Managing Chronic Conditions Top Apps: MySugr (Diabetes) Glucose Buddy BlueLoop Omada Health One Drop Medisafe (Medication Reminders) CareZone Mango Health Propeller Health (Asthma & COPD) Ada □ Section 6: Women's Health & Pregnancy Apps Supporting Women's Health Journey Top Apps: Clue Flo Glow Ovia Health Period Tracker by GP International Sprout Pregnancy BabyCenter Fertility Friend Pink Pad Kegel Trainer □ Section 7: Emergency & First Aid Apps Life-Saving Tools at Your Fingertips Top Apps: Red Cross First Aid PulsePoint iTriage St John Ambulance First Aid AED Locator CPR & Choking by LifeSaver WebMD Medscape (Emergency Protocols) First Aid by British Red Cross Emergency Plus □ Section 8: Medication Management Apps Simplifying Medication Tracking Top Apps: Medisafe MyTherapy Pill Reminder by MedsApp CareZone Mango Health Dosecast PillPack Round Health Pill Monitor Med Tracker □ Conclusion & Future Trends Future of Digital Healthcare AI and Personalized Health

best fitness apps for teens: Keto for the Household Barrett Williams, ChatGPT, 2025-09-05 Transform your family's health and create lasting memories together with Keto for the Household, a comprehensive guide to embracing the ketogenic lifestyle as a unit. Imagine a life where meal planning is simple, delicious, and nourishing for everyone, from toddlers to grandparents. This eBook is your ultimate resource on how to seamlessly integrate the keto way of living into your entire family's routine. Start by debunking common myths and understanding the core principles of the ketogenic diet. Discover how this lifestyle can bring numerous health benefits not just for individuals, but for families as a whole. Assess your family's readiness and set realistic goals for a smooth transition, learning practical tips to prepare your kitchen and pantry for this exciting

journey. With a treasure trove of meal ideas, you'll never struggle with what to cook again. From kid-approved breakfast and lunch ideas to delicious dinners that satisfy even the pickiest eaters, every meal becomes an opportunity to bond and fuel your family's day. Teens get special attention too, with recipes designed to support their dynamic growth spurts and active days. Parents will appreciate quick, wholesome meals that fit their bustling schedules, while seniors can enjoy adaptations that prioritize bone health and simplicity. Explore the synergy between keto and exercise, with fun workouts suited for all ages, enhancing your family's overall well-being. Navigate social situations, carb cravings, and stay motivated with expert strategies for overcoming common challenges. Plan for long-term success with innovative recipes, goal adjustments, and strategies for celebrating special occasions the keto way. Join supportive communities and find inspiration through real family success stories that demonstrate the transformative power of keto. Keto for the Household isn't just a diet guide—it's an invitation to a healthier, happier lifestyle that empowers every generation. Embrace this opportunity to grow closer together through the shared goal of achieving optimal health and wellness.

best fitness apps for teens: Free Your Child from Overeating: A Handbook for Helping Kids and Teens Michelle P. Maidenberg, 2016-03-22 Is your child or teen overeating or overweight? Are you unsure how to help? You're not alone. If your ten- to eighteen-year-old is struggling with overeating, you know how hard that can be—for your child and for you. Unhealthy eating habits put kids and teens' well-being and self-confidence at risk. Something needs to change—but what? And how can you bring it up so they can really hear you? You may have tried to help your child—without much success—but you may be overlooking the root cause of their struggle with eating and exercise—their thinking. In *Free Your Child from Overeating*, Dr. Michelle P. Maidenberg shares over 40 interactive exercises that will help your child or teen: Identify triggers, cravings, and self-sabotaging thought patterns Define his or her values and find the motivation to change Learn to eat mindfully by savoring meals and snacks And set realistic goals using the four P's: predict, plan, put into action, and practice. It can be tempting to hope that your child's overeating is "just a phase," but the price of inaction is too high. Using Dr. Maidenberg's 53 strategies (rooted in mindfulness, cognitive-behavioral therapy, and acceptance and commitment therapy), you can free your child from overeating or obesity by building his or her confidence. Your child has the power to change, and you have the power to help!

best fitness apps for teens: Eating Disorders Information for Teens, 5th Ed. James Chambers, 2021-07-01 Consumer health information for teens about causes, prevention, and treatment of eating disorders, along with tips for healthy eating. Includes index and resource information.

best fitness apps for teens: Parenting for the Digital Generation Jon M. Garon, 2022-02-15 *Parenting for the Digital Generation* provides a practical handbook for parents, grandparents, teachers, and counselors who want to understand both the opportunities and the threats that exist for the generation of digital natives who are more familiar with a smartphone than they are with a paper book. This book provides straightforward, jargon-free information regarding the online environment and the experience in which children and young adults engage both inside and outside the classroom. The digital environment creates many challenges, some of which are largely the same as parents faced before the Internet, but others which are entirely new. Many children struggle to connect, and they underperform in the absence of the social and emotional support of a healthy learning environment. Parents must also help their children navigate a complex and occasionally dangerous online world. This book provides a step-by-step guide for parents seeking to raise happy, mature, creative, and well-adjusted children. The guide provides clear explanations of the keys to navigating as a parent in the online environment while providing practical strategies that do not look for dangers where there are only remote threats.

best fitness apps for teens: The Promises and Perils of Digital Strategies in Achieving Health Equity National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Roundtable on the Promotion of Health

Equity and the Elimination of Health Disparities, 2016-06-22 Health care is in the midst of a dramatic transformation in the United States. Spurred by technological advances, economic imperatives, and governmental policies, information technologies are rapidly being applied to health care in an effort to improve access, enhance quality, and decrease costs. At the same time, the use of technologies by the consumers of health care is changing how people interact with the health care system and with health information. These changes in health care have the potential both to exacerbate and to diminish the stark disparities in health and well-being that exist among population groups in the United States. If the benefits of technology flow disproportionately to those who already enjoy better coverage, use, and outcomes than disadvantaged groups, health disparities could increase. But if technologies can be developed and implemented in such a way to improve access and enhance quality for the members of all groups, the ongoing transformation of health care could reduce the gaps among groups while improving health care for all. To explore the potential for further insights into, and opportunities to address, disparities in underserved populations the National Academies of Sciences, Engineering, and Medicine held a workshop in October 2014. The workshop focused on (1) how communities are using digital health technologies to improve health outcomes for racial and ethnic minority populations, (2) how community engagement can improve access to high-quality health information for members of these groups, and (3) on models of successful technology-based strategies to reduce health disparities. This report summarizes the presentations and discussions at the workshop.

best fitness apps for teens: UX Research Methods for Media and Communication Studies Angela M. Cirucci, Urszula M. Pruchniewska, 2022-02-14 A comprehensive guide to qualitative research methods in user experience (UX), the interaction between humans and digital products, designed for media and communication students. Angela M. Cirucci and Urszula M. Pruchniewska provide an accessible introduction to the field (including the history of UX and common UX design terminology). Readers are taken through the entire research design process, with an outline for preparing a study (including a planning template), a discussion of recruitment techniques, an exploration of ethics considerations, and a detailed breakdown of 12 essential UX research methods. The 12 methods covered include emotional journeys, screenshot diaries, walkthroughs, contextual inquiry, card sorting, and usability testing, with the chapter for each method including a step-by-step breakdown, discussions of in-person versus virtual procedures, and a What You Need section. Throughout the book, useful parallels are drawn between traditional academic research methods and UX methods, and special attention is paid to diversity and inclusivity. This is an essential text for media and communications students wishing to become familiar with UX research methods, a rapidly growing field that will open numerous exciting career paths for graduates.

best fitness apps for teens: Crash Course in Young Adult Services Sarah Flowers, 2017-10-10 Learn how to improve teen services in public libraries by better understanding teen development and having positive interactions with teens to provide appropriate and interesting collections and services. A library can be a tremendous resource for teens—one that helps them to learn about themselves and the world they live in. But teenagers are intrinsically different from children and from adults, and these critical developmental differences affect the ways they interact with others, both in the world at large and in the library. Serving teens effectively in the library requires a basic understanding of who teens are and the developmental tasks they face—factors that affect all aspects of library service, from the specific programs and services we offer to the ways that staff provide assistance to the teen who is seeking help at a library service desk. This book enables library workers to better understand adolescent development, which allows them to provide a positive library experience for teens. Readers will learn how to supply excellent library services with and for teens, including in the areas of collection development, readers' advisory, reference and homework help, programming, and advocacy. The book identifies the best ways to have positive interactions with teens in the library based on their mental development and details best practices for teen services. The concluding section discusses advocating for teens, with emphasis on their

right to privacy and equal access to materials and services.

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step in personal planning for improvement. Taking Charge and Self-Management allow students to learn self-management skills for adopting healthy behaviors and interacting with other students to solve problems encountered by hypothetical teens. Taking Action features activities that are supported by the lesson plans. Consumer Corner helps students become good consumers of information on fitness, health, and wellness as they learn how to separate fact from fiction.

Web-Based Resources Fitness for Life Canada provides physical educators with numerous delivery and assessment options in health and physical education. Specifically, the program has more than 100 detailed activity- and classroom-based lesson plans that can be delivered out of the box for beginner teachers and are modifiable for experienced teachers. The lesson plans are supported with assessment and teaching materials such as worksheets, activity cards, PowerPoint slides, quizzes, chapter and unit tests, an online test bank, portfolios (including digital), demonstrations (live, video, and pictures), journals and reflections (written and video), class presentations and video presentations, and supplemental project ideas. For students, web resources are included with each student text and feature the following: Video clips that demonstrate the self-assessments in each chapter Video clips that demonstrate the exercise in selected chapters Worksheets without answers Review questions from the text presented in an interactive format so students can check their level of understanding Expanded discussions of topics marked by web icons in the text Vocabulary terms with definitions Teacher web resources are available free with any class set purchase and include the following: An introduction that describes the body of knowledge and pedagogical foundations behind Fitness for Life Canada as well as the evidence supporting its effectiveness Daily lesson plans, including five lessons per chapter: two classroom plans and three activity plans Worksheets with answers Premade chapter and unit quizzes with answers Activity cards and task cards Presentation package of slides with the key points for each lesson A test bank that teachers can use to make their own quizzes if they prefer SummaryFitness for Life Canada develops higher-order physical literacy knowledge and skills that help students become active and healthy adults. Fitness for Life Canada focuses on developing students' knowledge of health and health-related fitness concepts, training principles, and personal physical activity and fitness program planning. That knowledge is combined with numerous self-management skills that are critical for maintaining physical activity, healthy eating, and general health behaviours. In short, Fitness for Life Canada enhances engagement, learning, and assessment while paving the way to a healthy lifestyle throughout the life span.

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supplements. Additionally, the book contains four appendices with guidelines on normal lab values, procedures, sexual maturity stages, and teeth. New to this Edition: Select 2011 guidelines Over 17 new protocols including: ADD/ADHD, Menopause, Migraine, Chronic Kidney Disease in Adults, Obesity/Gastric Bypass, and more Completely updated Patient Teaching Guides, including a new entry on Anticoagulation Therapy for Patients with AFib, to tear out and send home with patients Addition of consultation and referral recommendations New chapter presenting Pain Management Guidelines for acute and chronic pain Completely updated national treatment guidelines

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