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Gezondheid en fitness ▾

Beste apps voor Gezondheid en fitness

 1. Stappenteller iizzai ★★★★	 2. CalorieTeller MyFitnessPal, Inc. ★★★★	 3. Mijn Eetmeter voedingssamen ★★★★	 4. 30-daagse Fitness Leap Fitness Group ★★★★	 5. RunKeeper - GPS FitnessKeeper Inc. ★★★★	 6. Strava Running Strava Inc. ★★★★	 7. Blauwlichtfilter Leap Fitness Group ★★★★	 8. Runtastic Hardlo... Runtastic ★★★★	 9. Elos Elos ★★★★	 10. Samsung Health Samsung Electronics Co., Ltd. ★★★★	 11. Fitbit Fitbit, Inc. ★★★★	 12. Gratis Stappen 4Free Studio ★★★★	 13. Fitatu Calorie... Fitatu ★★★★
 14. FitKnoedde - g... Knoedde ★★★★	 15. 7 Minute Trainer Simple Design Ltd. ★★★★	 16. TomTom Sports TomTom International I... ★★★★	 17. Endomondo Endomondo.com ★★★★	 18. CalorieTeller FatSecret ★★★★	 19. Google Fit - Fi... Google Inc. ★★★★	 20. CalorieTeller Ufousam ★★★★	 21. Headspace - m... Headspace, Inc. ★★★★	 22. Pedometer & Go Pacer Health ★★★★	 23. Sleep Cycle al... Northcube AB ★★★★	 24. Stoopen Met R... despDev ★★★★	 25. Garmin Connect Garmin ★★★★	 26. Twilight Urbanised Team ★★★★
 27. Rode Kruis Het Nederlandse Rode... ★★★★	 28. Geocaching Groundspeak Inc. ★★★★	 29. Monitor je gewicht Husan Al-Bustan ★★★★	 30. Basio-Fit Onlin... Virtualgym Professional ★★★★	 31. AfsprakenApp Appotheek ★★★★	 32. Wandelen Wandelploatform Nederland ★★★★	 33. Virtualgym Virtualgym ★★★★	 34. Cycilus Kalen... Simple Design Ltd. ★★★★	 35. Hartslagmeter Azumo Inc. ★★★★	 36. Water Time P... Mobile Creatures ★★★★	 37. RouteYou RouteYou ★★★★	 38. monitor van de... Care Fit Studio ★★★★	 39. Weight Watchers Weight Watchers Intern... ★★★★
 40. Voor Goud - r... Jod Boukara ★★★★	 41. Walk with Me MapMyFitness, Inc. ★★★★	 42. Eetdagboek My Daily Bits ★★★★	 43. Prenatal - Zwa... Prenatal Monitor & Kind... ★★★★	 44. Loop tijden n... MLAPS Experience La... ★★★★	 45. Calm - Medit... Calm.com, Inc. ★★★★	 46. Nike+ Run Club Nike, Inc. ★★★★	 47. Step Counter Mario Hanna ★★★★	 48. Polar Flow - A... Polar Electro ★★★★	 49. Reanimatie Hartstichting ★★★★	 50. Learn To Run foxx00 ★★★★	 51. Gewichtsvolger aktWit GmbH ★★★★	 52. Belly Legs Butt Sebastian Star ★★★★
 53. Mi Fit Xiaomi Technology ★★★★	 54. Zwanger en app Mama en Zo B.V. ★★★★	 55. Zwanger app Sonoma Media ★★★★	 56. Punten Dieet Bookman ★★★★	 57. Bloeddruk app Lomapp ★★★★	 58. Herinnering Leap Fitness Group ★★★★	 59. VitaDock Medisana AG ★★★★	 60. TomTom My... TomTom International I... ★★★★					

7 Min Workout (workout van 7 min...

BMI Calculator

Reanimatie

7 Minute Fitness - Free Workout Tr...

Buikspieren Trainer Fitway - Train ...

Runtastic Squats - Workouts, Coun...

Ab Workout X FREE+ Six-Pack Core...

Zwangerschapsmeter

KCT

Introduction



Introduction



- Running, bicycling, walking (Dallinga et al., 2016)
- Potential support + encourage physical activity
- Value of app features?

Aim



Identify which features in sport- and health-related apps contribute to effectiveness of apps.

Method



- Expert meeting (focus groups)
 - Two subgroups
 - Nominal group technique (Van de Ven, 1972)
- Identify and rank app features relevant for effectiveness of apps

Nominal group technique



Round 1: Individually list all features that they found necessary for increasing effectiveness of apps.

All features were collected, explained and listed on a white board

Round 2: Individually rank the ten most important features

Rankings were discussed group wise

Round 3: Final ranking of the ten most important features. Score 0-100 importance.

Results



Feature	Mean score	Frequency	Weighing
Usability	86,3	7	603,8
Monitoring / statistics	92,5	5	462,5
Fun	79,4	5	396,9
Motivating feedback	91,3	4	365,0
Works good technically	87,5	4	350,0
Tailoring start level	85,0	4	340,0
Anticipating / context awareness	60,4	5	302,1
Tailoring always	85,0	3	255,0
Check on health	73,3	3	220,0
Social	72,5	3	217,5
Instructional feedback	95,0	2	190,0

Usability



“Does the app do what you expect from it and are certain functions working.”

“That the app is easy to use. And that you can easily find all functions.”

“Usability is really about if I can execute the task I want to do as good as possible.”

Monitoring / statistics



“That you can monitor statistics,
that you can see all activities you
did and when.”

“Insight and measuring
of exercise behavior.”

Conclusion



- Usability, monitor/ statistics, fun
- Smart and tailored app + provide feedback + anticipate on the environment
- Usability = premise
- Currently available exercise app rating scales could be revised

Next steps



- Preferences sport app users
 - Preferences sportprofessionals
- Develop decision tool for apps

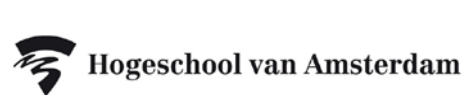
Thank you!



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COMMIT/



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hogeschool



Discussion



Topics to discuss



- How to deal with innovations as health care professional?
- What are the best ways to create user engagement and adherence?
- Blended interventions: how to combine the best of both worlds?
- How to collect user data while guaranteeing privacy?