



# Active Digital Living for Health and Physical Educators

By

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# *-Presentation content-*

- 1** *ADL Concept and goals*
- 2** *Physical activity and sports transformation*
- 3** *Benefits of digital solutions*
- 4** *Actions for PE and health coaches*



*By the end of this presentation, you will be able to:*

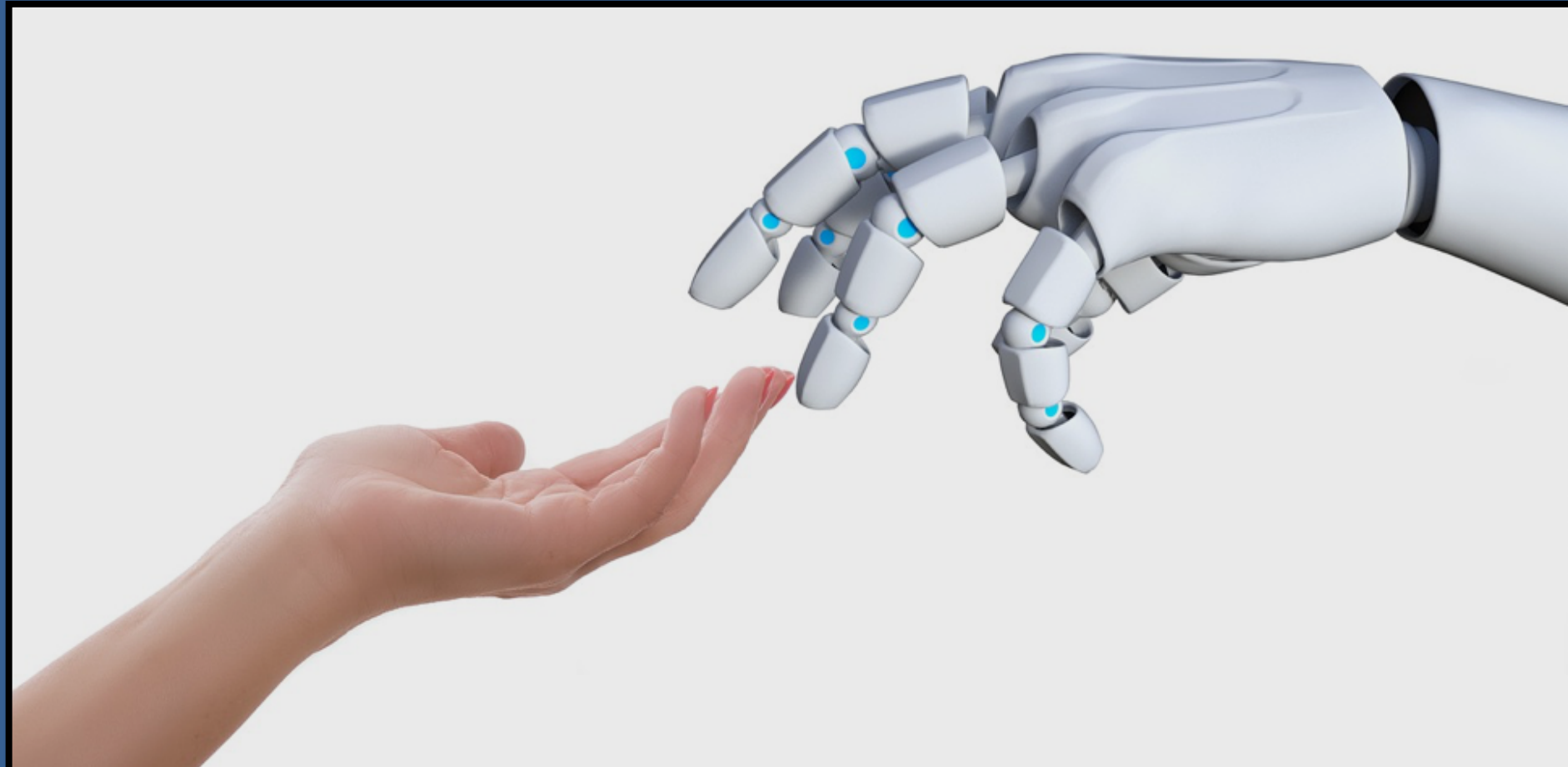
- 1) Describe the concept of Active Digital Living (ADL).
- 2) Understand how physical activity, exercise, and sport can be enhanced through technology.
- 3) Re-evaluate the role of health and physical educators in regards to using ADL principles to enhance health.

**ADL**  
Active Digital Living





# What is ADL (Active Digital Living)?

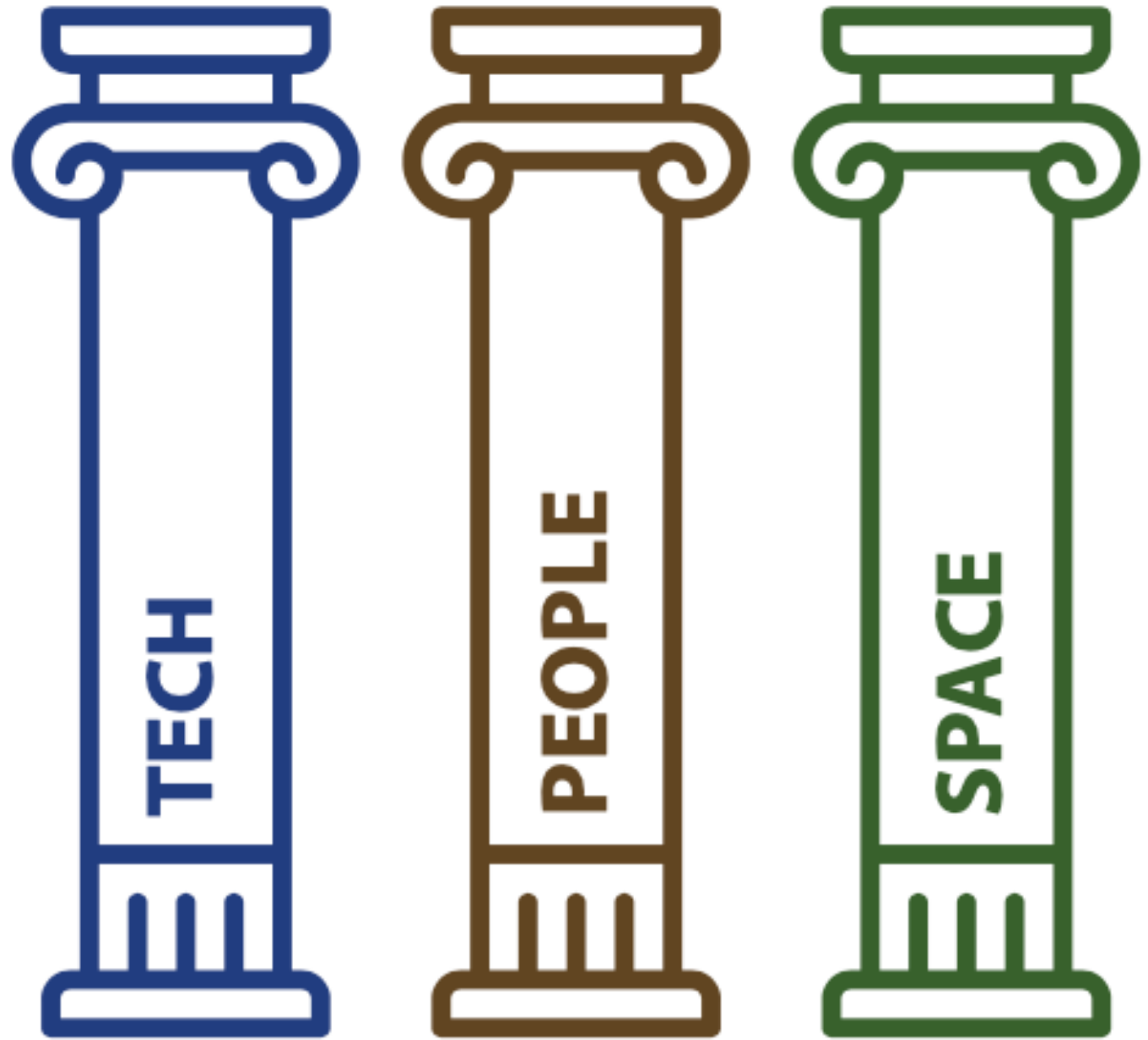


**ADL**  
Active Digital Living



# What is ADL (Active Digital Living)?

**ADL**  
Active Digital Living



*Fig. 1 The ADL Pillars*



# What is overall goal of ADL (Active Digital Living)?

Experience

**PHYSICALLY**

**SOCIALLY**

Physical activity

**EMOTIONALLY**

**ADL**  
Active Digital Living



# How can a city impact Physical Activity?

**ADL**  
Active Digital Living





# How is Physical Activity & Sports being transformed through ADL?





# How is Physical Activity being transformed through ADL?

Examples:

- Apple Fitness+
- Mirror
- Tempo
- VRFitness

**ADL**  
Active Digital Living

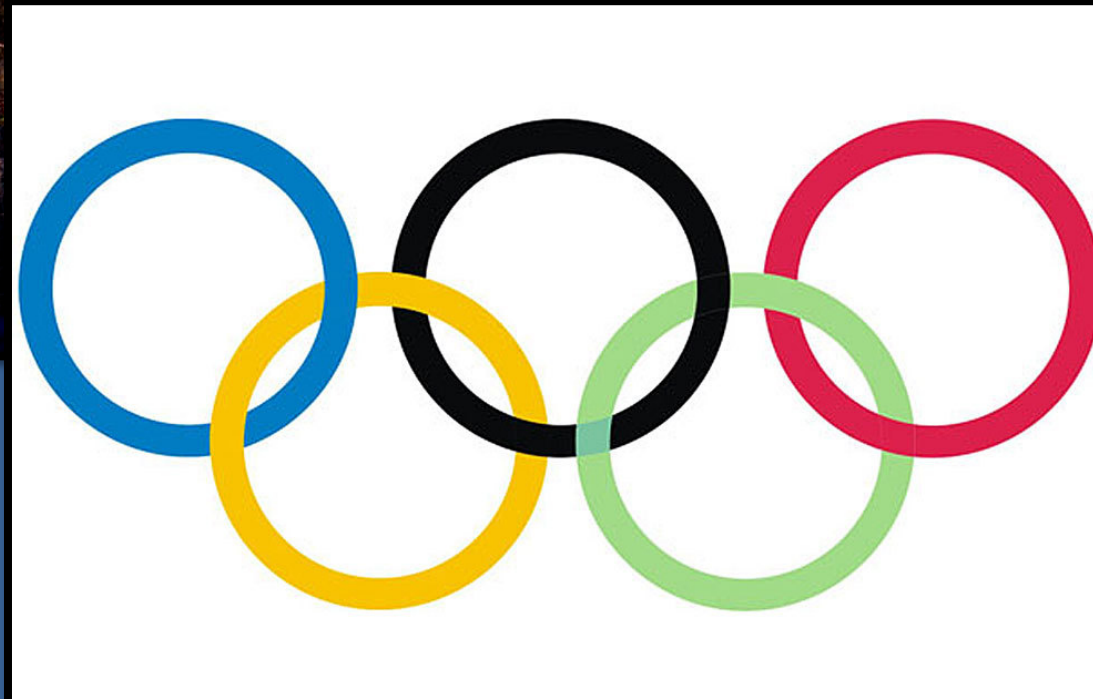
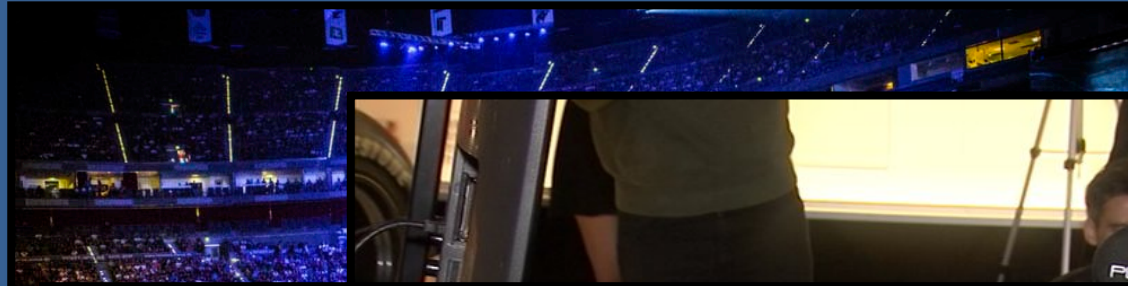




# How about Sports being transformed through ADL?

- Digital Transformation (*in general*)
- Esports
- Virtual Sports in Olympics

**ADL**  
Active Digital Living





# How is Physical Activity & Sports being transformed through ADL?

Homo ludens (Huizinga, 2007)



Homo sportivus (Dogliotti, 2016)



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# How is Physical Activity & Sports being transformed through ADL?

Homo gamer



Homo e-sportivus



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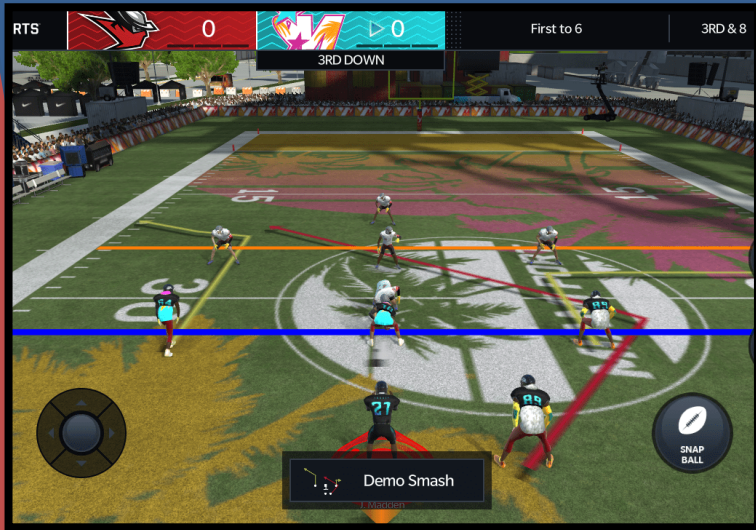


What benefits have Positive Digital Solutions had to facilitate Healthy Lifestyles moving forward?



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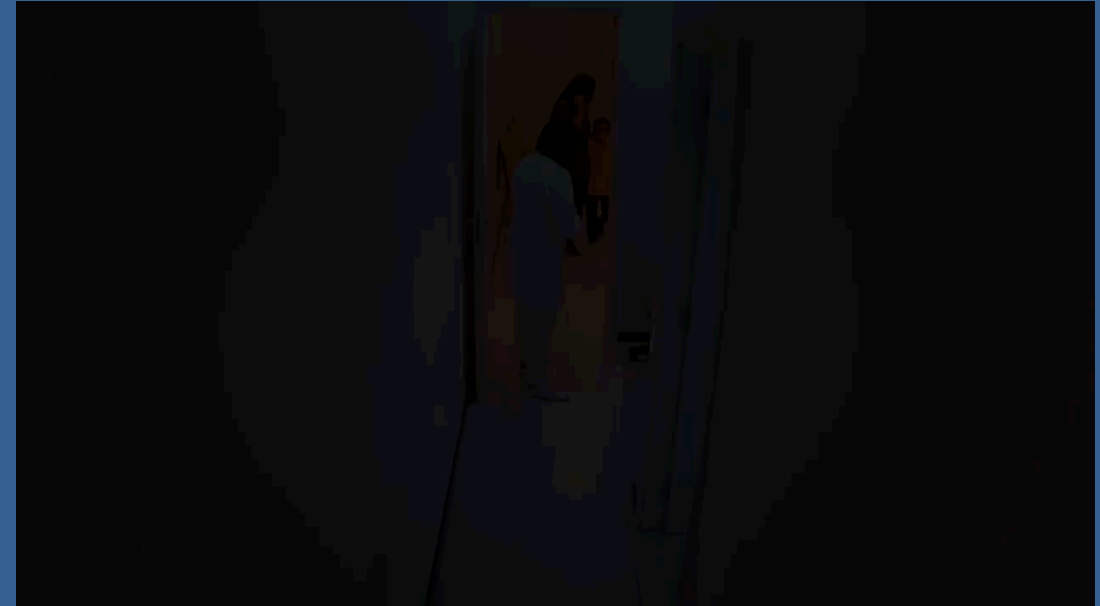
- Education





# What Benefits have Positive Digital Solutions had to Facilitate Healthy Lifestyles moving forward?

## • Health & Rehabilitation



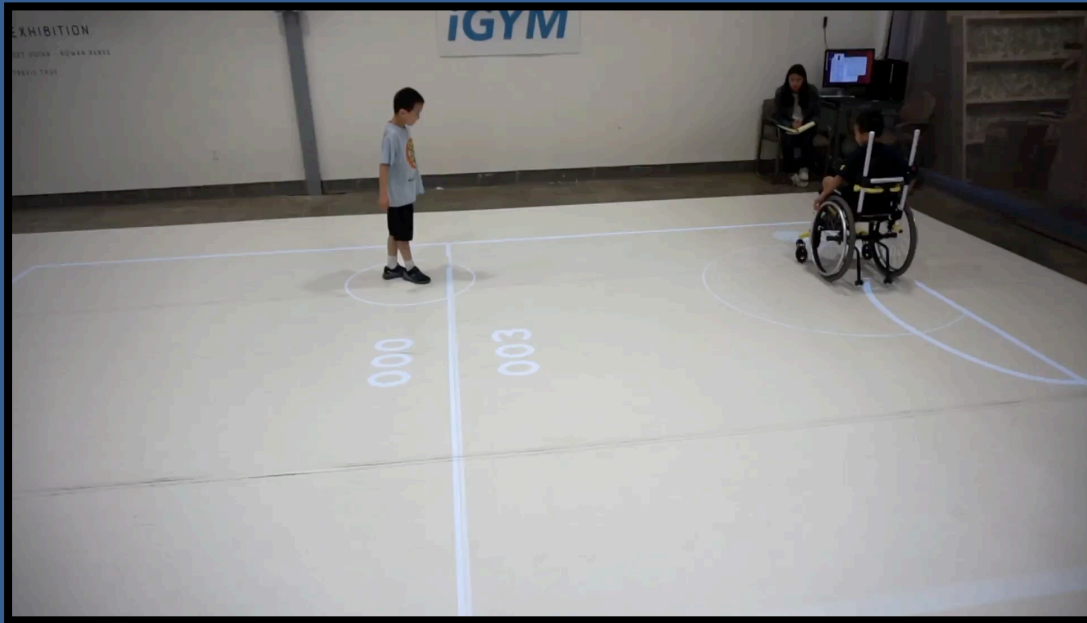
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Active Digital Living

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# What Benefits have Positive Digital Solutions had to Facilitate Healthy Lifestyles moving forward?



## • Inclusion & Reconnection



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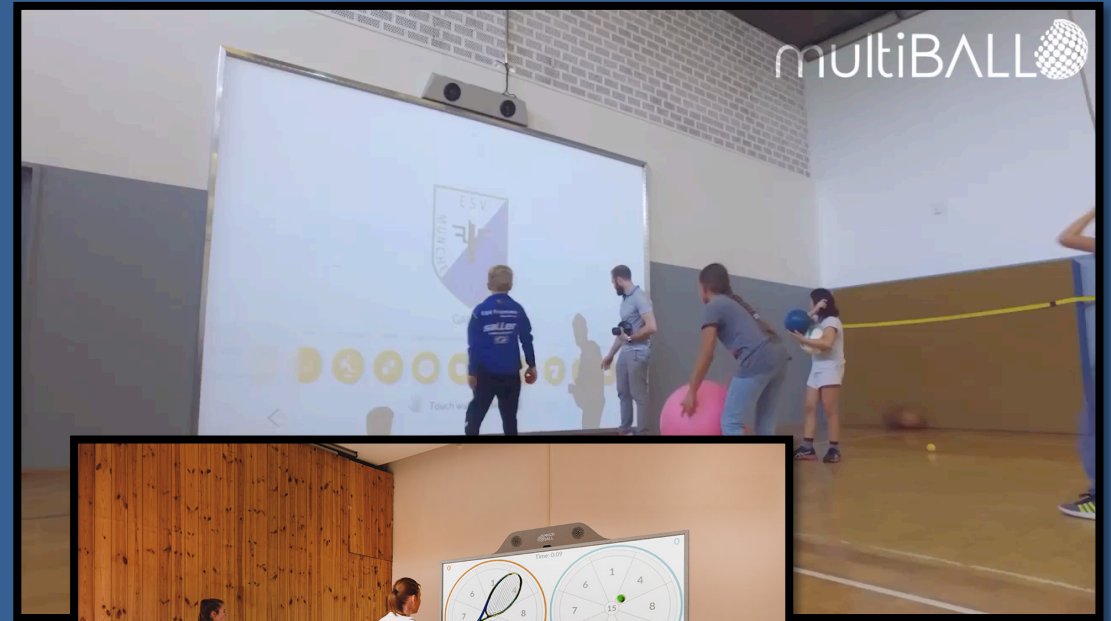
# What Benefits have Positive Digital Solutions had to Facilitate Healthy Lifestyles moving forward?



- **Activate public spaces**



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**ADL**  
Active Digital Living



# What can Health & Physical Educators do to Facilitate Health & ADL Principles?

- 1) Social interaction and digital education through physical activity
- 2) Learn more about esports phenomenon and research about benefits and problems of video games use
- 3) Introduce gaming culture themes maybe **through gamification or using other methodology models**
- 4) Propose new innovation programs in Physical Education
- 5) Start **multidisciplinary projects to promote physical activity in the cities**



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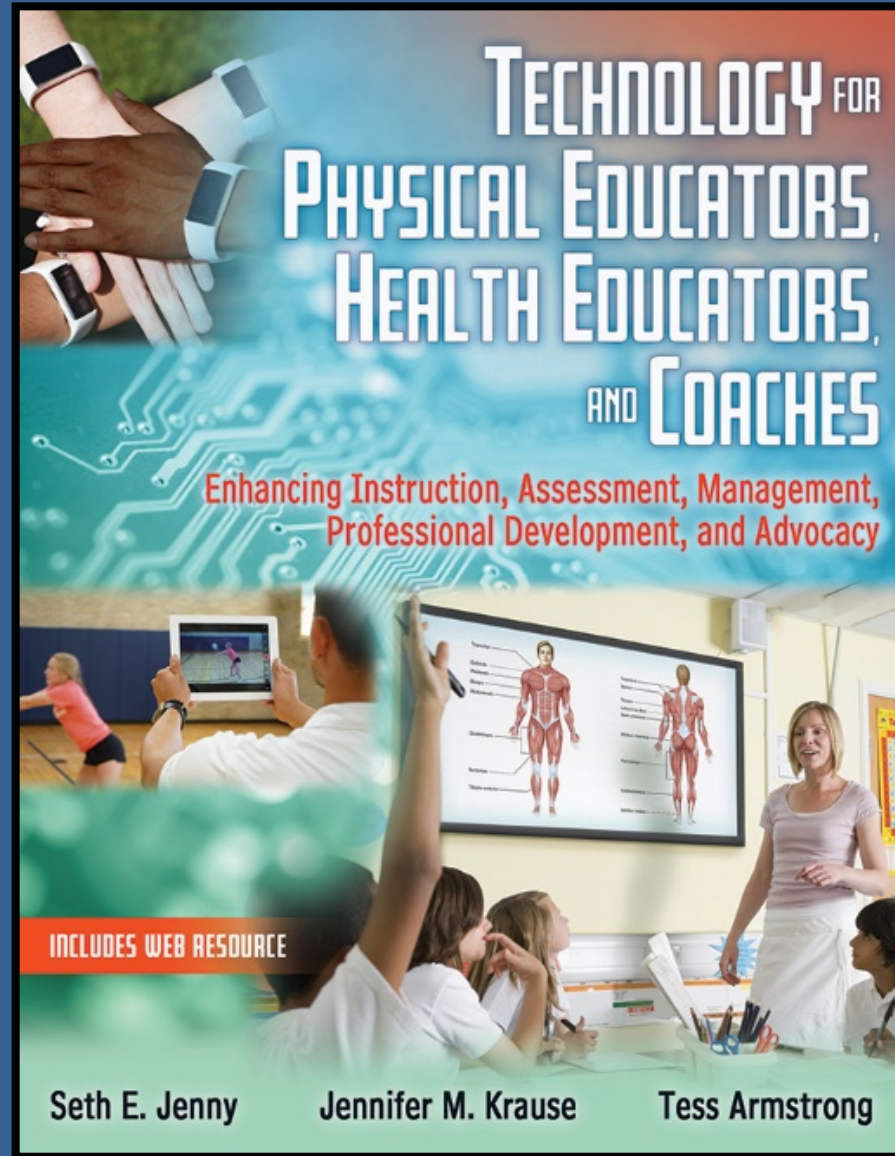
# Thank you!



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