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**Extended report**  
**2<sup>nd</sup> online meeting**  
30th May 2022 12:00 CET

**FITeens - Promoting physical activity and healthy habits in  
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761



MINUTES of  
2<sup>nd</sup> Online meeting  
30<sup>th</sup> May 2022 12:00 CET

## FITeens - Promoting physical activity and healthy habits in sedentary teenagers

2021-1-ES01-KA220-SCH-000027761

The online meeting recording can be found in:

[https://drive.google.com/file/d/1BlAYhhehmd\\_1eycsbQLMo1Pue40klt1/view?usp=sharing](https://drive.google.com/file/d/1BlAYhhehmd_1eycsbQLMo1Pue40klt1/view?usp=sharing)

### Project partners

- P1. Universidad de Zaragoza, Spain
- P2. Stichting Kenniscentrum Pro Work, The Netherlands
- P3. Instituto Politecnico de Santarem, Portugal
- P4. Tartu Ulikool, Estonia
- P5. Innoventum OY, Finland
- P6. Jaitek Tecnología y Formación S.L., Spain

### People attending the meeting

From **Universidad de Zaragoza**:

- Luis García
- Ángel Abós
- María Sanz
- Sergio Diloy
- Javier Sevil

From **Stichting Kenniscentrum Pro Work**:

- Dylan Adelaar

From **Instituto Politecnico de Santarem**:

- José Rodrigues
- Luis Cid
- Filipe Fernandes

From **Tartu Ulikool**:

- Henri Tilga

From **Innoventum OY**:

- Janne Leinonen
- Tomasz Szymanski

From **Jaitek Tecnología y Formación S.L.**:

- Daniel Pérez Ovejero



## Minutes of the meeting

The meeting was held online on Zoom and it started with the welcome of Luis García, project coordinator of Universidad de Zaragoza (UNIZAR).

After that, there was a detailed presentation of the first result of the project, the **FITeens Toolkit** ([https://docs.google.com/presentation/d/1HTuCjml6MivY1lp\\_Za-pU-EoSIXENr5D/edit?usp=sharing&oid=111947961851479165315&rtpof=true&sd=true](https://docs.google.com/presentation/d/1HTuCjml6MivY1lp_Za-pU-EoSIXENr5D/edit?usp=sharing&oid=111947961851479165315&rtpof=true&sd=true)).

During this presentation, it was explained that the task division for its development would be based on two parts related to partners' expertise: a theoretical part carried out by **UNIZAR**, **Tartu Ulikool** and **IPS** and a technical part carried out by **PROWORK**, **Innoventum** and **Jaitek**.

After that, it was agreed that the structure of the toolkit would be the following:

1. Introduction
2. High schools as an effective setting to promote healthy lifestyles
3. Motivation as a key for PA promotion
4. The BIG6
  - 4.1. Physical activity
  - 4.2. Sedentary recreational screen time
  - 4.3. Sleep duration
  - 4.4. Healthy food
  - 4.5. Tobacco consumption
  - 4.6. Alcohol consumption

More **detailed information** about the specific content of each of the previous elements, as well as an example of Screen time theoretical information and one activity can be found on the project's Google Drive folder:

([https://drive.google.com/drive/folders/1f9FcVBCAguFQ\\_d-IUXxXOCPlxe0zngnf?usp=sharing](https://drive.google.com/drive/folders/1f9FcVBCAguFQ_d-IUXxXOCPlxe0zngnf?usp=sharing)).

In order to proceed with the creation of the **toolkit content**, **UNIZAR** will hold a bilateral meeting with **IPS**, **Tartu Ulikool** and **Jaitek**. A Doodle will be sent to agree on the specific date and time of this meeting.

Concerning the technical part of the toolkit, the following was agreed:

- **Innoventum** will be in charge of working on the **visual aspect** of the document
- **Jaitek** will be in charge of the edition of the **videos** and **infographics**
- **Pro Work** will be in charge of the final creation of the different **flipbooks** in all partner languages.

After that, Innoventum members proposed the start of the development of the 2nd result, the **FITeens app**. It was agreed that there will be another bilateral meeting between **UNIZAR**, **Innoventum** and **Jaitek** in two weeks' time to discuss about this result's next steps.

Another point covered during the meeting was **dissemination**. IPS stated that they had already started working on this project's aspect. However, in order to clarify future dissemination steps, partners will discuss about it during the firstly mentioned bilateral meeting.

Finally, the last point covered was the **Face to Face meeting** in **Zaragoza**. A Doodle will be sent shortly to decide its exact date.

# FITeens Project 2<sup>nd</sup> Online Meeting

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# FITeens 2<sup>nd</sup> Online Meeting



## Agenda

**START 12:00h**

Welcome!

Overview

RESULTS

- R1 FITeens toolkit

Dissemination

Face to face meeting

Final Overview

**END 13:00h**



**Universidad**  
Zaragoza



jaitok

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DE SANTARÉM





# R1 FITeens toolkit

-Task division

-Structure

# Task division



**Theoretical part**  
(UNIZAR, TARTU and IPS)



**Technical part**  
(PROWORK, Innoventum  
and JAITEK)

# FI Teens toolkit structure



- ▶ 1. Introduction
- ▶ 2. High schools as an effective setting to promote healthy lifestyles
- ▶ 3. Motivation as a key for PA promotion
- ▶ 4. The BIG6
  - ▶ 4.1. Physical activity
  - ▶ 4.2. Sedentary recreational screen time
  - ▶ 4.3. Sleep duration
  - ▶ 4.4. Healthy food
  - ▶ 4.5. Tobacco consumption
  - ▶ 4.6. Alcohol consumption





# 1. Introduction

- ▶ General overview and presentation of the Toolkit
- ▶ Basic explanation of FITeens Project
- ▶ Mission and objectives of the toolkit
- ▶ Explain that these resources can be used individually or jointly

## 2. High schools as an effective setting to promote healthy lifestyles



- ▶ **Introduction:** Abstract with the main ideas of the introduction of this paper: [https://www.jahonline.org/article/S1054-139X\(18\)30442-7/fulltext](https://www.jahonline.org/article/S1054-139X(18)30442-7/fulltext)
- ▶ **Video 1:** The Importance of PA for health in adolescents and schools
- ▶ **Video 2:** PA promotion for PE. PE Teachers' view
- ▶ **Find out more:** New resources to learn more about this topic.  
External links (mainly in English)

### 3. Motivation as a key for PA promotion



- ▶ **Introduction:** brief presentation of the effect of motivation to promote PA
- ▶ **Video 1:** to be decided
- ▶ **Video 2:** to be decided
- ▶ **Find out more:** New resources to learn more about this topic.  
External links (mainly in English)

## 4. The BIG6



- ▶ Explanation of the BIG 6
  - ▶ **\*Structure for each component:**
    - ▶ Introduction and theoretical framework (2 pages maximum)
    - ▶ Explanatory videos or testimonials (2 min. Maximum duration)
    - ▶ Resources and/or tasks. In each resource we need to develop
      - ▶ Introduction and reasons to work on it
      - ▶ Objective of the task
      - ▶ Explanation and development of the task
- See example*
- ▶ Final messages, conclusions and/or final infographics about PA

# 4.1. Physical activity



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Benefits of PA in adolescents
  - ▶ Video 2: PA for social development
  - ▶ Video 3: PA and school settings ( special attention to Physical education)
- ▶ Resources
  - ▶ PA1: PA levels in adolescents (IPAQ)
  - ▶ PA2: Barriers to PA
  - ▶ PA3: 24 hours movement approach
  - ▶ PA4: Active commuting to school
  - ▶ PA5 Active recess
  - ▶ PA6: Motivational strategies to develop PA
- ▶ Final messages, conclusions and/or final infographics about PA

## 4.2. Sedentary recreational screen time



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Risks of excessive screen time in adolescents
- ▶ Resources
  - ▶ SB1: Awareness of total hours of screen time and other sedentary behaviors
  - ▶ SB2: How to reduce screen time during the day: strategies to apply
  - ▶ SB3: Active breaks and active learning
- ▶ Final messages, conclusions and/or final infographics about sedentary recreational screen time

## 4.3. Sleep duration



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Benefits of correct sleep duration for adolescents. Risk of insufficient sleep and bad consequences
- ▶ Resources
  - ▶ SL1: Sleep duration: recommendations, time to sleep, time to wake up
  - ▶ SL2: Decalogue of effective strategies to improve effective sleep
- ▶ Final messages, conclusions and/or final infographics about sleep

## 4.4. Healthy food



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Benefits of a balanced diet in adolescence
- ▶ Resources
  - ▶ HF1: Awareness of sweetened beverages
  - ▶ HF2: Product labeling. Inverted pyramid
- ▶ Final messages, conclusions and/or final infographics about healthy food



## 4.5. Tobacco consumption



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Risks of tobacco consumption
- ▶ Resources
  - ▶ TC1: Lung condition and image after smoking
  - ▶ TC2: Risks of alternatives to tobacco (electronic devices, rolling tobacco, etc)
  - ▶ TC3: Teaching from videos:
    - ▶ <https://www.youtube.com/watch?v=rW78a9073sU>
    - ▶ <https://www.youtube.com/watch?v=DS8-dnc4-4M>
- ▶ Final messages, conclusions and/or final infographics about tobacco consumption

## 4.6. Alcohol consumption



- ▶ Introduction and theoretical framework
- ▶ Explanatory videos and/or testimonials
  - ▶ Video 1: Risks of alcohol consumption
- ▶ Resources
  - ▶ AL1: “Any alcohol consumption is harmful”
  - ▶ AL2: Myths of alcohol
- ▶ Final messages, conclusions and/or final infographics about alcohol consumption

# FI Teens toolkit technical part



- ▶ Innoventum will be in charge of working on the visual aspect of the document
- ▶ Jaitek will be in charge of the edition of the videos and infographics
- ▶ PROWORK will be in charge of the final creation of the different flipbooks in all partner languages.

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# Thank you!

Let's get things done!

FITeens project



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# FITeens Mobile app

# FITeens app structure



## 1. Dashboard

User info & Avatar

Achievements

Links to main features (below)

Earned badges

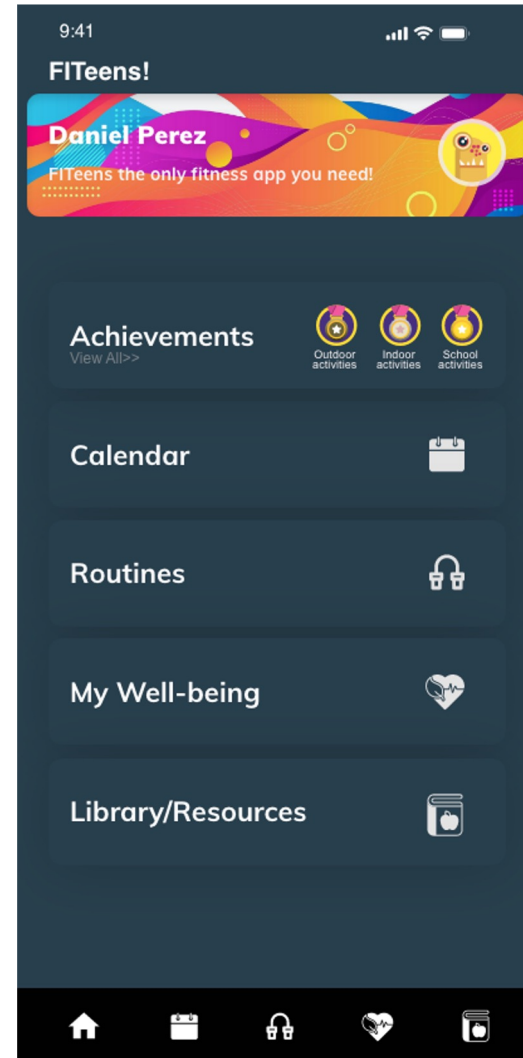
## 2. Calendar

## 3. Routines/challenges

## 4. Self assessment

## 5. Resources library

- ▶ 4.1. Physical activity
- ▶ 4.2. Sedentary recreational screen time
- ▶ 4.3. Sleep duration
- ▶ 4.4. Healthy food
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# 1. Badges/ achievements



Badges are earned by completing challenges in the 5 categories.

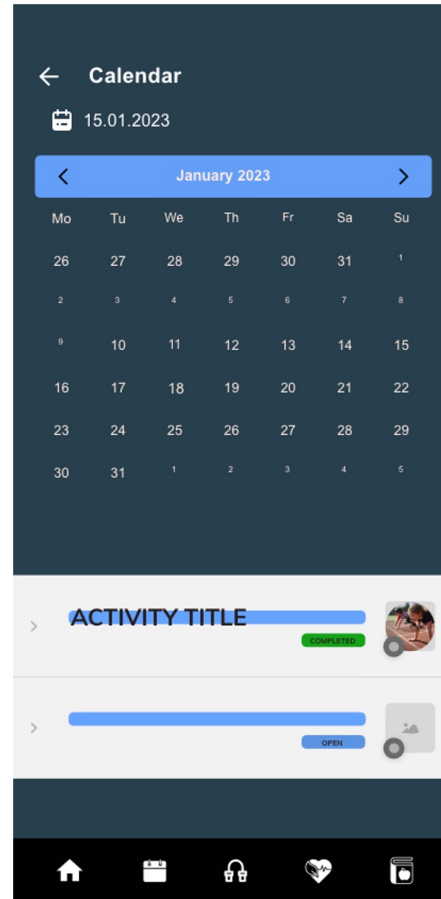
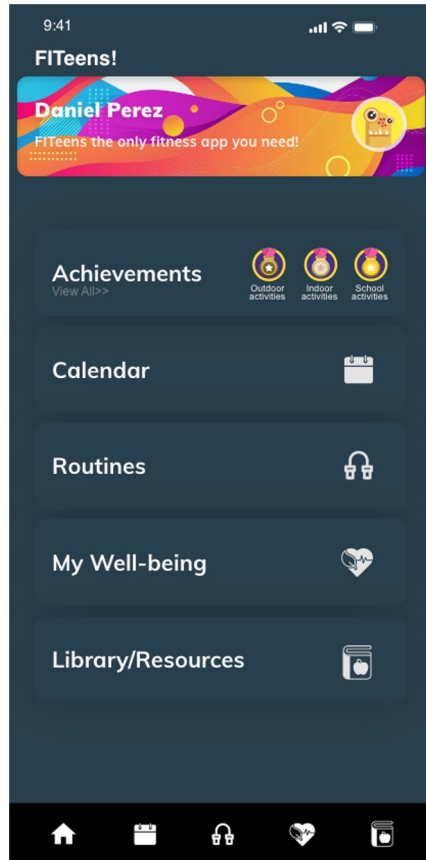
Physical activities has three level badges based on score earned, while other categories have one each



# 2. Calendar



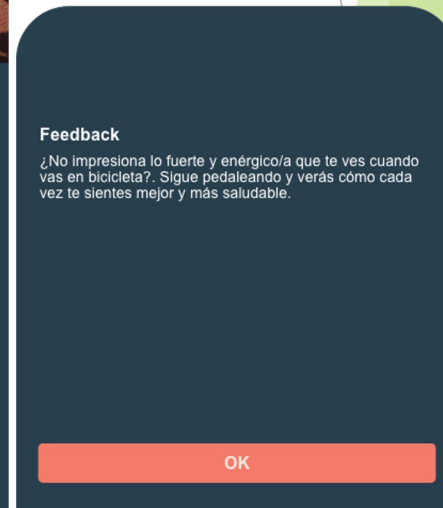
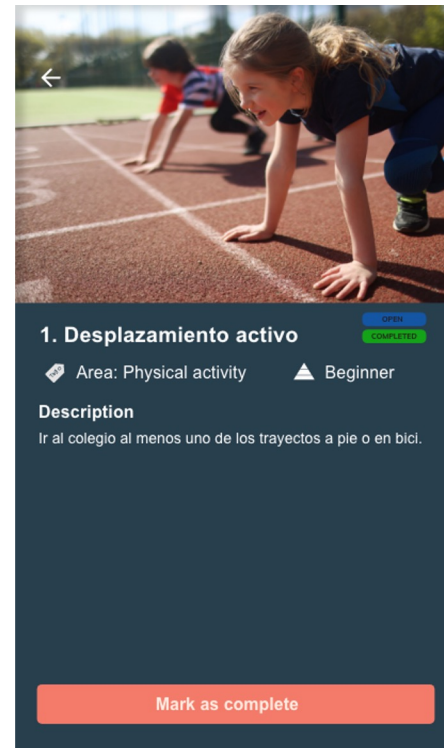
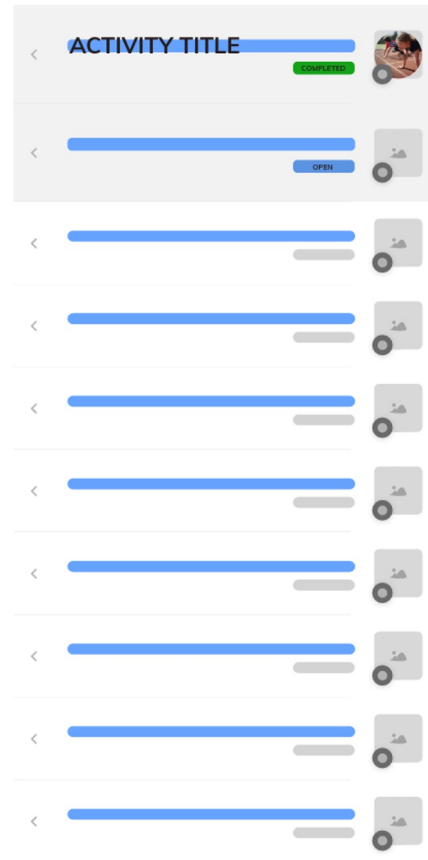
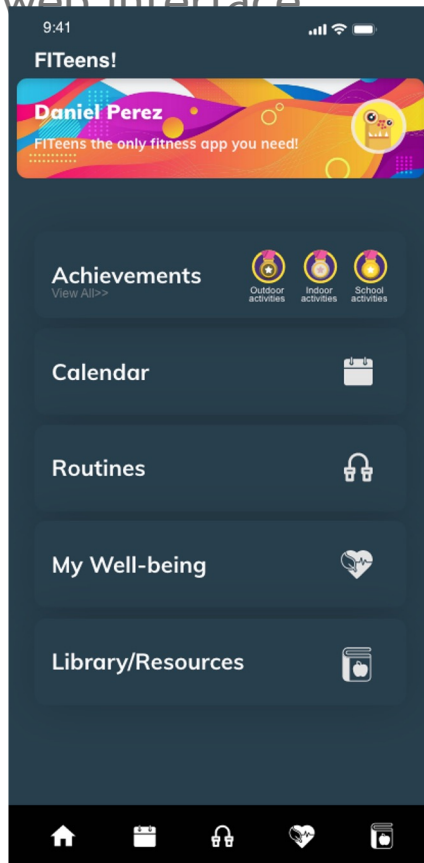
Calendar for users and list of activities for each day.



# 3. Routines/challenges



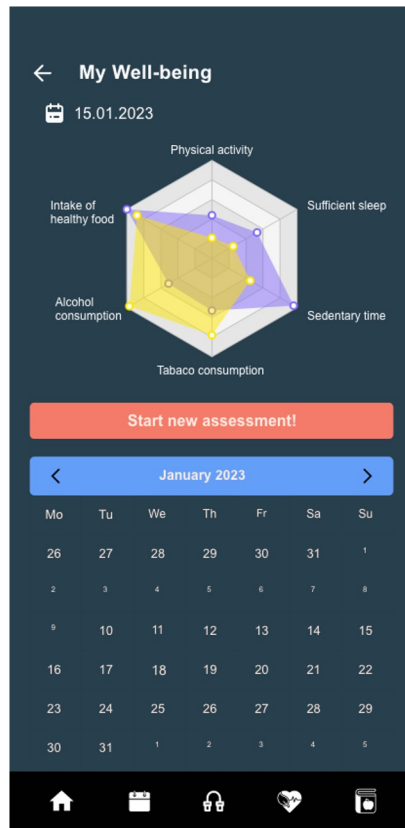
Routines and challenges with an option to create by teacher\* using the web interface



# 4. Self assessment questionnaire



[https://docs.google.com/document/d/1dDGolnk5n3KYjJs2Rdb-RL6oCMkqPHqz/edit?usp=sharing&oid=100001073428730011690&rt\\_pof=true&sd=true](https://docs.google.com/document/d/1dDGolnk5n3KYjJs2Rdb-RL6oCMkqPHqz/edit?usp=sharing&oid=100001073428730011690&rt_pof=true&sd=true)



← Assessment (1/19)  
15.01.2023

1. Physical activity (1/3)

Question 1: lorem ipsum sit door met rebus subs nobody ales dawes romanum?

Strongly Agree

Agree

Neutral

Disagree

Strongly Disagree

← Assessment (2/19)  
15.01.2023

1. Physical activity (2/3)

Question 2: lorem ipsum sit door met rebus subs nobody ales dawes romanum?

Strongly Agree

Agree

Neutral

Disagree

Strongly Disagree

← Assessment (3/19)  
15.01.2023

1. Physical activity (3/3)

Question 3: lorem ipsum sit door met rebus subs nobody ales dawes romanum?

Strongly Agree

Agree

Neutral

Disagree

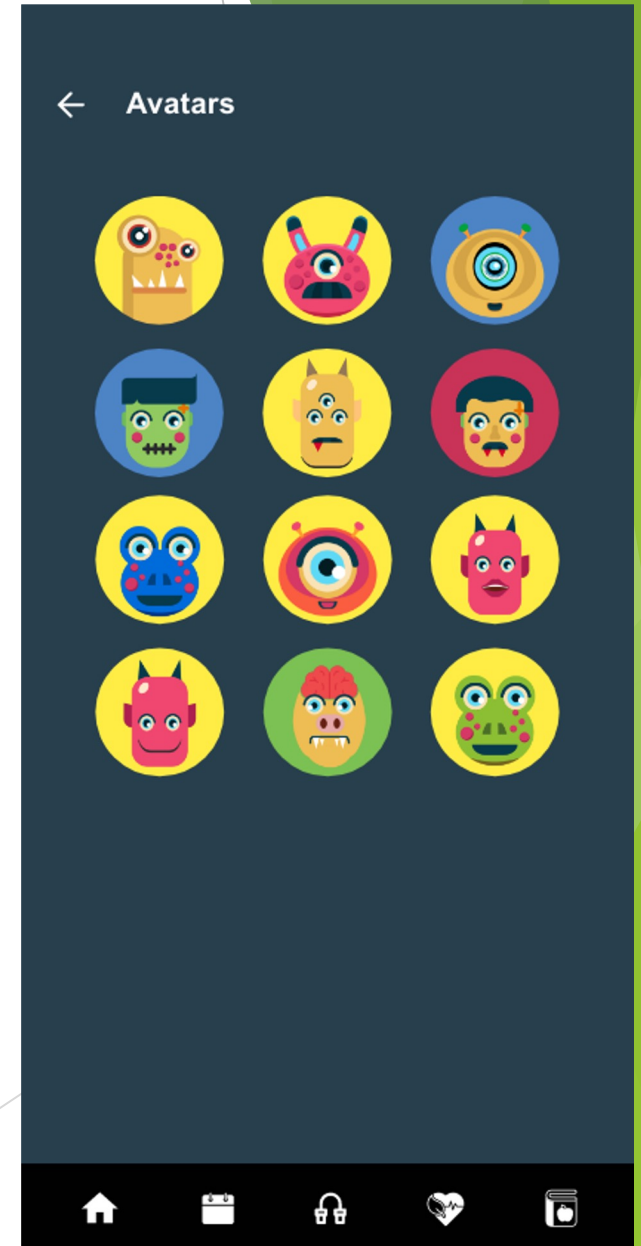
Strongly Disagree

## 4. Introductory resources- NEW concept



- ▶ 4.1. Physical activity
- ▶ 4.2. Sedentary recreational screen time
- ▶ 4.3. Sleep duration
- ▶ 4.4. **Healthy food**
- ▶ 4.5. Tobacco consumption
- ▶ 4.6. Alcohol consumption

# 6. Avatars



# 6. Healthy recipes

Preview : FITEEN PROTOTYPE WIRE... 00:00



## 1. Healthy recipe test content!

Area: Recipes


### Ingredients

- 150g spaghetti or linguine
- 1 tbsp olive oil
- 1 garlic clove, sliced
- 1 red chilli, deseeded and finely chopped, plus extra to serve (optional)
- 1 tbsp drained capers
- small bunch of parsley, finely chopped (stalks included)
- 145g tuna in spring water, drained
- 90g rocket or baby spinach leaves
- ½ lemon, juiced

### Preparation

STEP 1  
Cook the spaghetti for 9-11 mins in a large pan of well-salted water until al dente.

STEP 2



## 1. Healthy recipe test content!

Area: Recipes

### Ingredients

- 150g spaghetti or linguine
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- 1 tbsp drained capers
- small bunch of parsley, finely chopped (stalks included)
- 145g tuna in spring water, drained
- 90g rocket or baby spinach leaves
- ½ lemon, juiced

### Preparation

STEP 1  
Cook the spaghetti for 9-11 mins in a large pan of well-salted water until al dente.

STEP 2  
Heat the oil in a wide frying pan over a very low heat, and gently cook the garlic and chilli to infuse the oil. Remove from the heat if the garlic is turning past light golden, as this will make it bitter.

STEP 3  
Drain the pasta, keeping a cupful of the cooking water, and tip the spaghetti into the frying pan. Toss the pasta in the oil over a low heat, adding a little of the pasta water to emulsify into a sauce that coats the pasta, then fold in the capers, parsley, tuna and some seasoning. Don't stir too vigorously – you want to keep larger chunks of tuna. Toss the rocket and lemon juice through the spaghetti, and serve with extra chilli scattered over, if you like.

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Mark as complete

# FI Teens app content part



- ▶ Github repository - open source
- ▶ Radar chart - self assessment to be completed
- ▶ Sleep time, alcohol, tabaco challenges to be approved
- ▶ Possibility to include the introductory content + videos in the Library/Resources as initially planned
- ▶ Healthy recipes both as challenges and learning content (in library)
- ▶ Any other features?
- ▶ Basic types of content
  1. Challenges ( PA, Sleep Time, Sedentary screen time, Alcohol, Tobacco, Sleep time, Healthy recipes



FITeens



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innoventum

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