

*Lifelong*

**GLOBAL**

**ACTIVIS**

**DAYS**

*Worldwide*

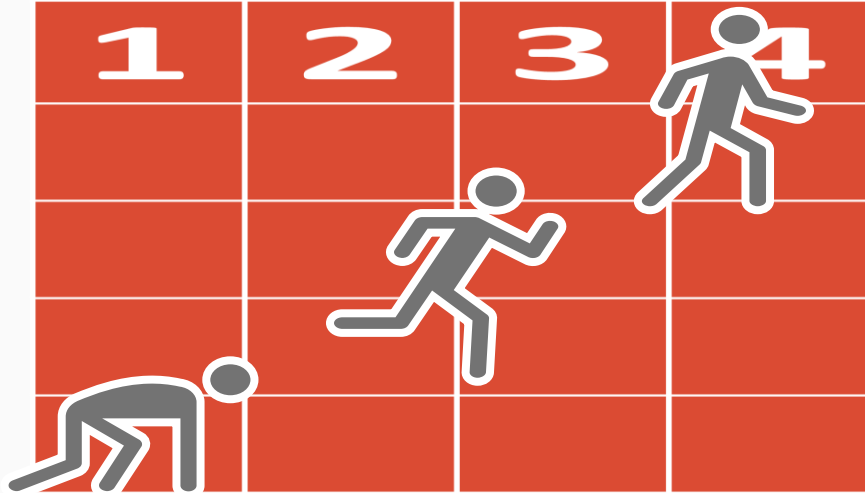


Umi  Fit

**MOVE TO PROVE**

**A social inclusive sports app for all of campus.**

- Students and staff can earn points by practicing sports or being active. Points can be earned by, for example, measuring the distance covered or the amount of calories burned.
- This could be done through high impact sports (for instance football) or low impact activities (for instance yoga).
- There will also be daily challenges in different sports.
- There will then be rewards based on earned points to provide an incentive for students. Rewards may be free textbooks or private sports lessons.



- Points can also be earned by taking photos when completing physical movement which can be shared on your app profile if you wish so students can join each other on campus.

- Another aspect of the app is the leaderboard. This ranks participants according to their levels of physical activity and encourages students to maintain a high score.
- A nation wide leaderboard could also be implemented where universities will be ranked against one another.

- App notifications will be used to remind participants to complete physical activity and to provide daily health related facts.



The app would mainly be designed by Computer Science students at the universities. The project could count towards credits in a course or simply be considered an extracurricular activity (to the discretion of the university).

Further, the rewards will be the result of partnerships or volunteer work and therefore cost effective for the university. Sports Science students could also volunteer.



The app will be free of charge for participants on IOS and Android devices. Advertising expenses will also be minimal due to promotion of the app on social media.

The app can also evolve in line with developments in technology to ensure it remains up to date.

Due to the flexibility with rewards and design of the app, universities can tailor the app to their individual requirements and student body.

- A buddy system for students who require additional support.
  - Walk to campus meet ups for students to get to campus together.
  - Partnerships with private clubs in exchange for advertising.
  - 'Silent Spaces' on campus for students to pray or meditate.
  - Cultural weeks where the campus is based on a particular culture. This could include free workshops or themed food in the cafeteria.
- Election of Ambassadors for under-represented groups, for example Disability Ambassador. This allows all students voices to be heard on campus.
  - Exercise bikes on campus which allow students to charge their phone while cycling.

