



MSE 2 Report #DARE-0

The benefits of digitalized and promoted outdoor fitness sites
for an active and healthy community



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A new way to find your outdoor spots

Technological advances not only change our communication habits, but also peoples' expectations of our products and services. This general trend also includes contemporary expectations in outdoor fitness. Digitalization can help to satisfy our user requirements. In our project we decided to develop and use a native iOS and Android App as digital tool. A native app or native application is a so called applications on a mobile smartphone device that has been specially designed and developed for the iOS and or Android operating system devices. The biggest advantage of native applications is that they ensure the best possible performance, speed and user experience on the respective operating system (iOS or Android). A native app can access all specific device functions, including information and hardware, e.g. on the phone's camera, push notifications and GPS. If necessary it provides the ability to use certain features and data offline on the mobile device. Updates of the operating system in native apps can be used directly. Furthermore native apps focus on a special user experience targeted to a specific user. An outdoor fitness app can achieve benefits in imparting of knowledge and information, ease communication between users and ease processes all around doing outdoor fitness. Furthermore, it can help to motivate us doing outdoor fitness and empower users to do so.

The Dare-0 app focuses on three user roles: User, Trainer and Experts. These users do have different requirements in using an app. The app can help to support different use cases by planning, doing and reporting our outdoor fitness activities. But we have to keep in mind. Users do have different needs, interest's und wishes in doing outdoor activities. The app therefore can give different answers and information related to external conditions in relation to different user roles and user configurations. We have to take into account user's fitness level, preferences, maybe current weather forecasts - while suggesting and presenting user specific content in an app. Last but not least the app can be a learning system getting feedback from the user on outdoor fitness locations, but also on content and experiences with using the app itself.

Technically our outdoor fitness dare-o app i.a. uses the following functionalities to ease common use cases:

Information as text, images, (explanatory) videos, audios Push notifications / Reminders / ad-hoc news API to mobile calendar Cam + Voice recognition by collecting data Chat / Community GPS positioning / rout function

However, supporting outdoor fitness with digitalization and an app is an ongoing process. Content and the app itself has to be improved continually.

Get ready to train!

Find your perfect outdoor fitness spot and experience workouts like never before.

If you know a beautiful outdoor fitness area in your region or wish to have some great equipment to work out. Just fill in the form and we will try to get in contact with the responsible stakeholders of your region to inspire you and other citizens of your region to workout outdoor. Thanks for your help.

We really appreciate that you drive the future of outdoor spots with us.



| Country | Number of inspired citizenz |
|----------|-----------------------------|
| Germany | 6231 |
| Portugal | 2596 |
| Italy | 1123 |
| Croatia | 1892 |
| Spain | 423 |

