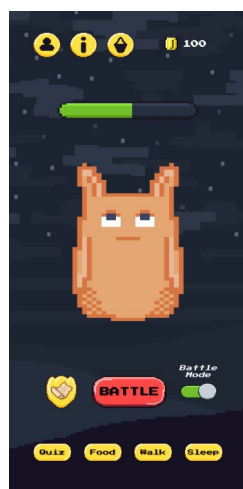




# NEWSLETTER

## Battle4Health - the game begins

To make adolescents more aware of good nutrition habits and a healthy lifestyle in a playful way we developed an experiential serious game.



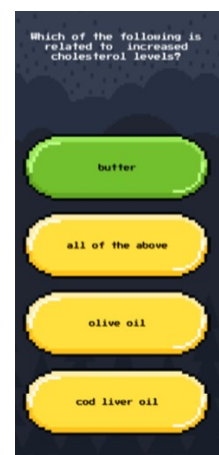
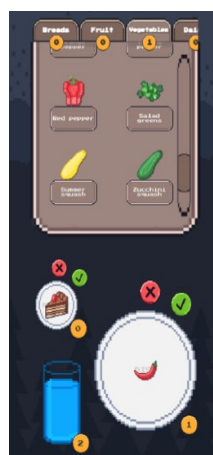
### Game idea

The game is based on the idea of taking care of a creature which has the same need for nutrition, sleep and movement as a human. The app is connected to a pedometer and with the possibility of taking quizzes users expand their knowledge about living healthy. With right answers to the quiz, healthy food choices and the adequate sleeping hours for the creatures as well as a high amount of daily steps, the player collects healthy points and coins and can battle other players to get more features and accessories for his creature.

In combination with the App „Sugapas Steps Tracker“ steps can be tracked and if using the same username and password are directly transferred to the game Battle4Health.

### Game features

- Track amount and kind of food
- Track steps and sleeping hours
- Get knowledge about healthy nutrition, exercise and a healthy lifestyle
- Tutorial when starting the game
- Interaction and motivation through possibility of battles and gaining accessories



### Access

[Battle4Health](#) and the [Sugapas Steps Tracker](#) are available for Android and can be downloaded from the google Play Store.



<http://sugapas.csd.auth.gr/>



<https://www.facebook.com/sugapas.plus.7>



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# MOOC - Everything you need to know about a healthy lifestyle

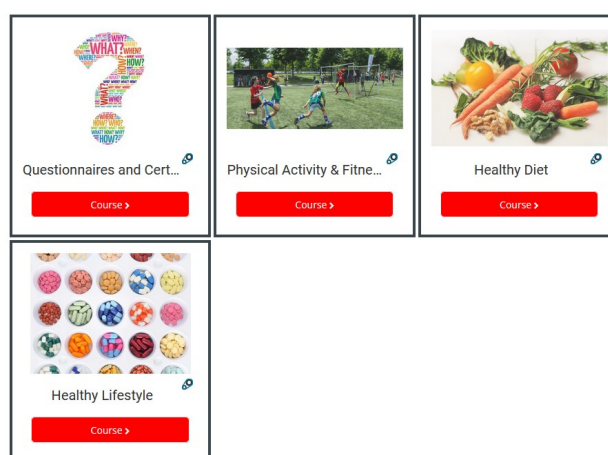
The Massive Open Online Course consists of three courses and the questionnaires and certificate section. The courses cover the topics physical activity and fitness, healthy diet and healthy lifestyle. Presentations as well as short tutorials and videos are provided to inform users and giving them ideas on how to apply their knowledge in everyday life.

With experience points and corresponding levels, students are motivated to work through all lessons and complete all quizzes.



## Courses:

- Physical Activity and Fitness: health related fitness, improving endurance, physical strength and mobility
- Healthy Diet: food groups, balanced diets, fat/salt and sugar intake, body weight and body image
- Healthy Lifestyle: hygiene and physical activity, substance abuse, sleep, emotional health



After terminating all courses and the evaluation of the SUGAPAS ecosystem consisting of game, mooc and observatory, each user gets the SUGAPAS certificate.

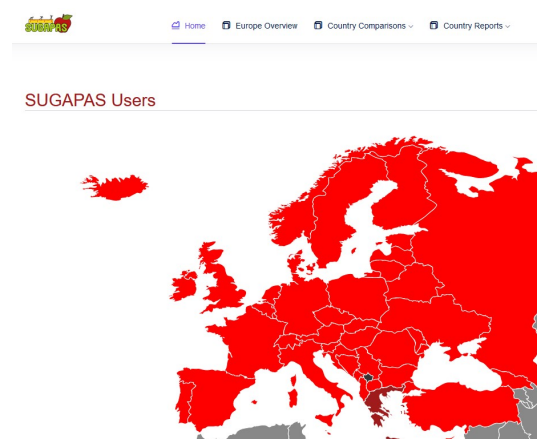
The Massive Open Online Course is available for everyone after a short registration on: <https://sugapas.csd.auth.gr/mooc/>

## SUGAPAS Observatory

As childhood obesity is a major public health problem in Europe, SUGAPAS aims to provide information about a few parameters of adolescents' lifestyle. With the SUGAPAS observatory some data on childrens' activity level, based on steps per day, nutrition habits and sleeping hours are collected and provided.

This data can be used in educational context by parents and teachers, as data can be selected and compared by country.

The SUGAPAS observatory is available under: <https://sugapas.csd.auth.gr/>



## Battle4Health presented at the 32nd EUPEA Forum Meeting

On 27 November, the European Physical Education Association (EUPEA) organized their second Multiplier Sports Event presenting the new SUGAPAS apps and platforms at the EUPEA Forum Meeting. The meeting was organized as a hybrid event which not only offered the possibility for listeners to join online but also gave the opportunity to let SUGAPAS experts from Greece and Cyprus present details about the project from afar. With more than 40 participants from all over Europe, the event provided a great start in spreading the word about the SUGAPAS project results in all EUPEA regions.



**32ST FORUM MEETING**  
**NOVEMBER**  
**25TH-28TH 2021**  
**ZARAGOZA / SPAIN**



After a short introduction by Sandra Heck, Andreas Avgerinos (European University Cyprus) gave some insights on the initial situation and results of the priorly conducted survey. Nikolaos Politopoulos from the Aristotle University of Thessaloniki (AUTH) presented both the SUGAPAS ecosystem and the observatory. In a third part the two apps, Battle4Health and the associated podometer, the „Sugapas Steps Tracker“ were introduced by Lampros Karavidas (AUTH), Juan Bada Jaime from the Universidad Católica de Murcia and Petr Vlček from EUPEA, who also gave an interesting insight on how to use the two apps in the daily life with children.

After the lectures all participants had time to try out the apps and platforms, pose questions and discuss their applicability.



## Battle4Health evaluation in Greece

From 9 till 10 October 2021 the 13th Conference on Informatics in Education took place at the Ionian University. Using a mobile serious game to educate adolescents about a healthier lifestyle, Battle4Health fit the topic perfectly which made the conference an excellent occasion to present the mobile serious game for the first time.

Barely one month later, a paper evaluating Battle4Health was presented at the International Conference on Interactive Mobile Communication Technologies and Learning in Thessaloniki. With the help of two questionnaires, enjoyment and usability of the game were evaluated. Battle4Health was found very helpful by its users to learn about the importance and the adoption of a healthier lifestyle.



## Further SUGAPAS Events

With the second Multiplier events the SUGAPAS ecosystem will be introduced to teachers, sport instructors, parents and all other interested parties. Therefore, all partners will be organizing workshops and presentations on site in their countries:

|                                  |                 |
|----------------------------------|-----------------|
| ASVÖ Salzburg                    | 25 January 2022 |
| LSU Lithuanian Sports University | 21 January 2022 |
| Games for Health Europe          | 13–14 June 2022 |

<http://sugapas.csd.auth.gr/>



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