



# Free technology afternoon at Ventspils Digital Centre: motivation, discipline, and technologies for a healthy daily life with Raitis Roze.



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Ventspils Digital Centre invites everyone to an inspiring free event where healthy lifestyle enthusiast Raitis Roze will share his experiences and practical tips on how to motivate and discipline yourself when starting physical activities. Raitis will also introduce various tools and apps that help with planning workouts, tracking progress, and building healthier habits.

The Technology Afternoon will take place on January 29th from 18:00 to 19:00 at the Ventspils Digital Transformation Center, Akmeņu Street 5, and online. You can register by filling out the form here:

[www.adre.se/motivacijauntehnologijas](http://www.adre.se/motivacijauntehnologijas). Admission is free of charge!

Content of the Technology Afternoon:

- Motivation, discipline, and routines.
- Inspiration for others: how apps like “InShot” and “TikTok” help document and share the process, inspiring others to follow a similar path..
- Daily support tools:
  - “TrueCoach” – a tool for training planning and management.
  - “MyFitnessPal” and “Cronometer” – tools for calorie tracking and budget control, including valuable tips and tricks.
  - “Stridekick” – a tool for creating challenges that help maintain motivation.
  - “SmartWODTimer” – the perfect tool for time management during workouts.
  - “Opal” – a tool for improving productivity by limiting phone usage.

The event is aimed at anyone who wants to start the journey towards a healthier life and find practical solutions in this process. The Technology Afternoon will be led by Raitis Roze – the head of the Marketing and Tourism Department of the Ventspils City Council. Raitis has started a physical, mental, and spiritual transformation process and is also working to inspire others towards positive change. After the event, participants will have the opportunity to ask questions privately in person.

📅 Wed, 29.01.2025

🕒 18:00-19:00

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🌐 [www.digitalaiscentrs.lv](http://www.digitalaiscentrs.lv)

🏠 Ventspils Digitālās transformācijas centrs

📍 Akmeņu iela 5

