

# Scrolling is My Cardio. Browsing your phone while exercising in Poland and China

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## Abstract

The dynamic development of mobile technologies has made smartphones an integral part of everyday activities, including physical exercise. The aim of this paper is to analyze the impact of phone use on training effectiveness and engagement levels during physical activity, comparing smartphone habits of young adults from Poland and China. The study was conducted, as part of a global research project Humane Phone, using an online survey of 730 participants aged 21–30, including 367 from Poland and 363 from China. The research enhances the understanding of new media trends that may influence both digital and physical health. Smartphone multitasking can reduce the quality of training by decreasing concentration, lengthening breaks, and lowering exercise intensity. However, in certain cases, it can also be motivating through fitness apps, music, or social communication that boosts enjoyment during monotonous exercises. The research indicates that younger generations increasingly use smartphones while exercising, although reasons, goals, and methods vary culturally. The findings contribute to discussions on digital well-being and the conscious use of technology in Generation Z's health, physical activity, and lifestyle.

**Keywords:** Smartphone use, cardio, Generation Z, digital well-being, cross-cultural study