



# AIR Space

## 1.5 Release Notes

October 3<sup>rd</sup>, 2022

Resilient organizations thrive through stressful times.



## 1.5– AIR Space Release Notes

### Overview

[Updated Browser Tab Title](#)

[Updated Interface Language](#)

[Updated Badges Language](#)

[Changed the ‘Resources’ to ‘Brain Gym’](#)

[Updated the Brain Gym Language](#)

[Updated Brain Gym Styling](#)

[Updated Onboarding Slideshow](#)

[New Home Page, Tracker and Brain Gym Videos](#)

[General Language Updates](#)

[Dynamic Exercise Locked Navigation Redirects](#)

[Changed ‘Exercise’ to ‘Skill’ in AIR Space Content and Headings](#)

[Updated our ‘Recommended Muscle’ Text](#)

### Detail

Resilient organizations thrive through stressful times.



#### UPDATED BROWSER TAB TITLE

- The page title has been updated from the URL text to 'AIR Space'.

#### UPDATED INTERFACE LANGUAGE

- The interface language has been updated.

#### UPDATED BADGES LANGUAGE

- The language regarding the badges interface has been updated to align with the new muscle/skill/exercise language.

#### CHANGED THE 'RESOURCES' TO 'BRAIN GYM'

- The 'resources' tab has now been changed to 'brain gym'. The structure of the now 'brain gym' has also been updated. It is now divided into two sections: Stretch your Mind and Strengthen your Brain. Stretch your mind has the media library, which includes videos and podcasts. Strengthen your brain has the exercise practice and meditations.

#### UPDATED THE BRAIN GYM LANGUAGE

- Due to the recent change from 'Resources' to 'Brain Gym' the interface language has been updated.

#### UPDATED BRAIN GYM STYLING

- With the recent updates made to the now Brain Gym, format and styling changes have been implemented.

Resilient organizations thrive through stressful times.



#### UPDATED ONBOARDING SLIDESHOW

- General updates have been implemented on our onboarding slideshow.

#### NEW HOME PAGE, TRACKER, AND BRAIN GYM VIDEOS

- New videos have been incorporated into AIR Space for our users for our Home Page, Tracker and Brain Gym. The new videos can be found in their respective menu tab.

#### GENERAL LANGUAGE UPDATES

- Language updates have been implemented throughout AIR Space content to better differentiate, mental muscles, skills, and exercises.

#### DYNAMIC EXERCISE LOCKED NAVIGATION REDIRECTS

- Within the exercise practice screen of the brain gym, locked exercises now have a pop-up that redirects users to the corresponding exercise in the learning section.

#### CHANGED 'EXERCISE' TO 'SKILL' IN AIR SPACE CONTENT AND HEADINGS

- The terminology of exercises and skills is now being used differently in the app. All the content, outlines and headings throughout AIR Space reflect this change.

#### UPDATED OUR 'RECOMMENDED MENTAL MUSCLE' TEXT

- After completing the onboarding questions, a dynamic recommendation will appear. Based on your profile, your coach recommends you start with \_\_\_\_\_ fit.

Resilient organizations thrive through stressful times.