

Endomondo Sports Tracker Pro

Nuno M. Garcia, Joel Jose P.C. Rodrigues

An Introduction to Cyberpsychology Irene Connolly, Marion Palmer, Hannah Barton, Gráinne Kirwan, 2016-03-17 An Introduction to Cyberpsychology is the first book to provide a student-oriented introduction to this rapidly growing and increasingly studied topic. It is designed to encourage students to critically evaluate the psychology of online interactions, and to develop appropriate research methodologies to complete their own work in this field. The book is comprised of four main sections: An overview of cyberpsychology and online research methodologies Social psychology in an online context The practical applications of cyberpsychology The psychological aspects of other technologies. Each chapter includes: Explanations of key terms and a glossary to facilitate understanding Content summaries to aid student learning Activity boxes, discussion questions and recommended reading to guide further study. Further resources for students and instructors are available on the book's companion website, including audio and video links, essay questions, a multiple-choice test bank, and PowerPoint lecture slides. Uniquely combining a survey of the field with a focus on the applied areas of psychology, the book is designed to be a core text for undergraduate modules in cyberpsychology and the psychology of the internet, and a primer for students of postgraduate programs in cyberpsychology.

Fitness for Geeks Bruce W. Perry, 2012-04-23 If you're interested in how things work, this guide will help you experiment with one crucial system you usually ignore—your body and its health. Long hours focusing on code or circuits tends to stifle notions of nutrition, but with this educational and highly useful book you can approach fitness through science, whether it's investigating your ancestral health or using the latest self-tracking apps and gear. Tune into components of your health through discussions on food, exercise, sleep, hormones, and other issues—as well as interviews with various scientists and athletes—and discover healthy ways to tinker with your lifestyle. Learn to live in the modern digital world and still be physically vibrant Examine apps and widgets for self-tracking various fitness issues Zero in on carbs, fats, proteins, vitamins, minerals, and phytochemicals Find and choose food, and learn when to eat and when to fast Reboot your system through movement in the outside world Select from more than a dozen techniques for your gym workout Fuel fitness by focusing on the science of nutrition and supplements Apply lifestyle hacks, such as high-intensity exercise and good stress

Shaping the Future of ICT Research: Methods and Approaches Anol Bhattacharjee, Brian Fitzgerald, 2012-12-09 This book constitutes the refereed proceedings of the IFIP WG 8.2 Working Conference Shaping the Future of ICT Research, held in Tampa, FL, USA, in December 2012. The 15 revised full papers presented were carefully reviewed and selected from numerous submissions. The papers are organized in the following topical sections: new methods in design science research; recent developments in inductive research methods; emerging themes in interpretive case study research; new ideas in positivist research; and innovative trends in information systems research.

Ambient Assisted Living Nuno M. Garcia, Joel Jose P.C. Rodrigues, 2015-06-09 Addresses an Emerging Shift in Developing Countries The authors and contributors of Ambient Assisted Living have recognized that the demographic profile is changing in many developing countries and have factored in an inversion of the demographic pyramid. The technology of ambient assisted living (AAL), supports the elderly and disabled in their daily routines to allow for safe and independent living for as long as possible. Dedicated to ambient intelligence—electronic environments that are sensitive and responsive to the presence of people—Ambient Assisted Living highlights the technologies that center on the needs of these special interest groups, such as the elderly or people with disabilities. Beneficial to students, practitioners, and users of ambient assisted living (AAL), this text compiles scattered information on the subject, outlines the most important and significant work in related literature, and covers the latest hardware and software for ergonomic design pertaining to AAL. From inception to implementation, the text assesses what has been produced and researched so far and looks for trends and clues for the future. It reviews literature on AAL published since 2007 and describes the main features and areas of products or systems that interlink and improve new or existing technologies and systems. This text: Provides extensive coverage of the applications,

software, and information management for AAL Contains an overview of the concepts related to AAL Includes a comprehensive review of the state of the art on pervasive and mobile health (m-health) applications Describes a set of projects and work with scientific relevance in AAL Introduces a framework focused on the monitoring and assistance of elderly persons living alone Discusses a prospective study on technological systems for people with cognitive disabilities Ambient Assisted Living highlights technologies that adapt to the user rather than the user adapting to the technology. This text proposes technologies that can enable assisted persons to live independently for longer and reduce the need for long-term care.

The Best Book On How To Barefoot Run Charlie Reid, Josh Leeger, 2011-09-19 In *The Best Book On How To Barefoot Run* personal fitness coach Charlie Reid, B.S., CSCS, CPT, and personal trainer and coach Josh Leeger, M.S., NASM-CPT, break down the details and benefits of barefoot running. Natural movement is gaining increasing popularity as a fitness technique. Here, health and fitness experts we walk you through our own full body fitness approach. Barefooting, when done correctly, provides increased balance, decreased pain, better posture, greater body awareness, and the joy of being in tune with your sphere of health and surroundings! Experience the joy, increased health, and fitness benefits of the increasingly popular trend of barefoot running. Our whole-body fitness eBook integrates strength training and static stretching videos to increase overall functionality and vitality, and alleviate over-use injuries.

Applied Clinical Informatics for Nurses Alexander, 2017-12-05 *Applied Clinical Informatics for Nurses*, Second Edition employs a contextually based teaching approach to promote clinical decision making, ethical conduct, and problem solving.

The Rough Guide to the Best Android Apps Rough Guides, 2012-08-02 So many apps and so little time. How do you get to the best with a minimum of fuss? *The Rough Guide to the Best Android Apps* solves the problem. It reveals the 400 best free and paid for applications for smartphones and tablets in all categories. Whether its navigation or news, photography or productivity, games or utilities this book highlights the best Android apps available from the marquee names to the hidden gems. Discover now the 400 apps your Android device should be using.

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Consumo, prácticas y mercados emergentes: Sara Catalina, Forero Molina, Carolina, Garzón Medina, 2020-12-18

Collaboration and Technology Nelson Baloian, Frada Burstein, Hiroaki Ogata, Flavia Santoro, Gustavo Zurita, 2014-08-01 This book constitutes the proceedings of the 20th Collaboration Researchers' International Working Group Conference on Collaboration and Technology, held in Santiago, Chile, in September 2014. The 16 revised papers presented together with 18 progress papers and 3 invited talks were carefully reviewed and selected from 49 submissions. The papers published in proceedings of this year's and past CRIWG conferences reflect the trends in

collaborative computing research and its evolution. There was a growing interest in social networks analysis, crowdsourcing and computer support for large communities in general. A special research topic which has been traditionally present in the CRIWG proceedings has been collaborative learning.

Factories of the Future Chandan Deep Singh, Harleen Kaur, 2023-04-26 FACTORIES OF THE FUTURE The book provides insight into various technologies adopted and to be adopted in the future by industries and measures the impact of these technologies on manufacturing performance and their sustainability. Businesses and manufacturers face a slew of demands beyond the usual issues of staying agile and surviving in a competitive landscape within a rapidly changing world. *Factories of the Future* deftly takes the reader through the continuous technology changes and looks ten years down the road at what manufacturing will mostly look like. The book is divided into two parts: Emerging technologies and advancements in existing technologies. Emerging technologies consist of Industry 4.0 and 5.0 themes, machine learning, intelligent machining, advanced maintenance, reliability, and green manufacturing. The advances of existing technologies consist of digital manufacturing, artificial intelligence in machine learning, Internet of Things, product life cycle, and the impact of factories on the future of manufacturing performance of the manufacturing industries. Readers will find in this illuminating book: A comprehensive discussion of almost all emerging technologies, including “green” manufacturing; An overview of the social, economic, and technical aspects of these technologies; An explanation of these technological advancements on manufacturing performance, through case studies and other analytical tools.

Track Your Goals Sal Castagnaro, Track Goals, 2021-09-07 Track Your Goals Daily Workout Log book - Supplement Log book - Workout Log book -

Possible Mechanisms to Explain Abdominal Fat Loss Effect of Exercise Training Other Than Fatty Acid Oxidation Chia-Hua Kuo, John L. Ivy, Jørgen Jensen, Ahmad Alkhatib, M. Brennan Harris, 2022-01-07

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Have A Goal Standard Booklets Standard Booklets, 2019-08-09 Success is entirely subjective while progress is objective. When it comes to fitness, and all areas of life, change only comes in time. If you view yourself as a successful individual making progress each day then this booklet is for you. One of the best ways to achieve your fitness goal is by writing it down. This fitness log consists of the same page throughout the booklet. Each page consists of five days worth of five exercises per section. Each section has a space to write down your exercise, sets, reps, weight, rest, time, 1RM, and notes. Below each section, you can write the date, your weight, sleep, and calories for the day. At the very top of the page, you can write your name and goals. The simple design is repeated on each page throughout the booklet. If you like what you are reading and if you like what you see, please purchase this fitness tracker now! You can also click on our brand name, Standard Booklets, to check out our other, notebooks, journals, log books and more.

Digital Marketing Annmarie Hanlon, 2021-12-15 An unbiased, balanced guide to all aspects of digital marketing, from social media, mobile and VR marketing to objectives, metrics and analytics. Covering all aspects of digital marketing planning and the latest models, the book also offers a range of tools to help implement your own digital marketing plans and strategies. The second edition has been expanded to include new discussions and research on areas including digital privacy, types of influencers, social listening and the gig economy. Key features: Supported by case examples from 28 global companies and brands including IKEA, Uber, Klarna and TikTok. A brand-new case study on Strava runs throughout the book to help you apply what you've learnt to real-world scenarios. 'Ethical Insight' boxes provide a reflective and challenging look at social issues and the negative side of marketing. 'Digital Tool' boxes introduce professional tools, such as 'Spot the Troll', Hootsuite and Padlet. The 'Smartphone Sixty Seconds' feature provides super-quick online activities using needing only your phone. Includes a new 'Journal of Note' feature in each chapter, to direct you to a key source of further reading. Worked digital marketing plan. Complimented by online resources,

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