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Jose Manuel Ferro Veiga

The Guide To Running: A Complete Training Book For 5k & 10k Runners Garret Zedbern, 2012-10-16 The Guide To Running: A Complete Training Book For 5k & 10k Runners is written for the beginning and intermediate athlete. The book uses text, images, tables, diagrams, video, and reference material to explain and teach a variety of concepts such as selecting essential equipment, types of training, 23 weeks of scheduled workouts, proper diet & nutrition, correct running form, developing racing strategy, practicing mental preparation, injury causes & prevention, as well as reviews of running gadgets, applications, and community sites. Whether a new or experienced runner, this volume will help you progressively improve as a runner based on your current level of fitness. Start by understanding how to choose the proper shoes and other equipment, then review how different types of training improve performance. Learn how to calculate different paces, study lactate threshold, and estimate V02Max before moving on to three chapters of detailed workouts for runners of all levels. Read about training diets and the specific nutritional needs (with recipes) of middle distance runners. Understand how proper posture, foot strike, breathing and mental techniques can lead to better performance and avoid injury - and, should injury strike, how to decipher symptoms to find remedies and prevent future occurrences. Finally, find some gadgets to make training more fun - or online communities where you can share tips, try new routes, and possibly join local running groups in your area.

Wearable Technologies: Concepts, Methodologies, Tools, and Applications Management Association, Information Resources, 2018-04-06 Advances in technology continue to alter the ways in which we conduct our lives, from the private sphere to how we interact with others in public. As these innovations become more integrated into modern society, their applications become increasingly relevant in various facets of life. Wearable Technologies: Concepts, Methodologies, Tools, and Applications is a comprehensive reference source for the latest scholarly material on the development and implementation of wearables within various environments, emphasizing the valuable resources offered by these advances. Highlighting a range of pertinent topics, such as assistive technologies, data storage, and health and fitness applications, this multi-volume book is ideally designed for researchers, academics, professionals, students, and practitioners interested in the emerging applications of wearable technologies.

Handbook of Research on Innovations in the Diagnosis and Treatment of Dementia Bamidis, Panagiotis D., 2015-03-31 Technology is playing an increasing role in the lives of the elderly. One of the most prevalent developments for the aging population is the use of technological innovations for intervention and treatment of individuals with mental impairments. The Handbook of Research on Innovations in the Diagnosis and Treatment of Dementia offers empirical research and theoretical analyses on the cognitive impairment of the aging. Featuring studies in gerotechnology, this book is an essential resource for researchers, students, and practitioners in the field of geriatrics who are interested in the emerging research, clinical practices, therapy, and technological innovations concerning the development and treatment of dementia.

Customer's New Voice John S. McKean, 2014-10-13 Find out how to reap the benefits of motivating and engaging the new, direct customer voice The Customer's New Voice shows businesses how to motivate and transform directly volunteered consumer knowledge into profitable insights, enabling a new echelon of marketing relevancy, customer experience, and personalization. With a deep look at the inner workings of how a modern generation of business innovators are tapping into the fresh opportunities with the customer's new voice, this book describes how businesses are transforming inference-based predictions of purchase intent with direct consumer knowledge of their actual intentions and buying context. The result: An untouchable/unprecedented level of offer relevancy, experience, and personalized service levels. Those offers range from the most basic app model of Give me your physical location, we'll find the best Thai restaurant near you, and give you an instant coupon to a more complex model such as an Electric utility value proposition: We'll give you discounts to charge your Prius during certain times to help us optimize our grid efficiency while allowing Toyota to monitor and optimize your battery to enable Toyota's R&D and customer experience enhancement. Forty case studies detail proven approaches for directly engaging the new consumer, showing companies how to take advantage of rapidly evolving personal technology—smart phones, homes, vehicles, wearable technology, and Internet of Things—and the new sharing culture to collect the higher value intentionally/ discretionarily shared information. Readers gain access to a robust tool set including templates, checklists, tables, flow diagrams, process maps, and technical data schematics to streamline these new capabilities and accelerate implementation of these transformational techniques. Ninety percent of the data that businesses use to determine what they sell or how to personalize a customer experience results from consumers unintentionally volunteering indirect data; however, this type of data has less than 10 percent accuracy. This low effectiveness also necessitates up to 70 percent of a business's cost infrastructure. Direct consumer knowledge is now available and boasts up to 20-50 percent accuracy, yet businesses remain anchored in the old indirect competencies. This book helps companies integrate compelling sharing motivators and controls for consumers to feel motivated and safe about directly sharing their product and experience desires, providing the ultimate market advantage. Learn how to catch up to the new digitalized consumer Leverage direct consumer information from current megatrends Navigate privacy's current and future metamorphosis Unlock the untapped value of Big Data's true enabler—Little Data Parsing incidentally volunteered data has been stagnant for decades due to the capabilities and expectations of a new generation of enabled consumers The timeless reality is that any level of investment in computing power, data, and analytics will never approach their full ROI potential without interfusing the direct, intentional insights from the consumer. If today's forward-thinking companies want to profitably engage the new consumers, they must learn the secrets of motivating and safeguarding this new potential of customer transparency. The risks of not engaging these new consumer voices? Irrelevancy and Silence. The Customer's New Voice shows businesses how to fulfill the promise and caveat of the new consumer: If you make my life easier, reward me, and respect my shared information: I will tell you my secrets.

The Time-Crunched Cyclist, 2nd Ed. Chris Carmichael, Jim Rutberg, 2012-09-01 The Time-Crunched Cyclist reveals the

fastest way to get fit for road racing, century rides, cyclocross, Gran Fondos, mountain bike events, and multi-day cycling tours. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Through his popular endurance coaching service, Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods; they simply don't have enough time to train. Carmichael Training Systems developed a new approach--the Time-Crunched Training Program--to help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods. The Time-Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high-intensity interval (HIIT) workouts. Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness. 8 comprehensive training plans include effective time-crunched workouts, nutrition guidelines, and strength training to develop the speed and endurance for a wide variety of cycling races and events. New programs for this second edition bring cyclists up to speed for cyclocross racing, mountain bike endurance rides, and show bicycle commuters how to turn their twice-a-day rides into effective time-crunched workouts. The Time-Crunched Cyclist will help former racers, bicycle commuters, 'cross fans, and mountain bikers capture their best performance--all in the time they have right now.

Building Mobile Experiences Frank Bentley,Edward Barrett,2012-09-14 Methods for new mobile experiences, from concept creation to prototyping to commercialization. The mobile device is changing the ways we interact with each other and with the world. The mobile experience is distinct from the desktop or laptop experience; mobile apps require a significantly different design philosophy as well as design methods that reflect the unique experience of computing in the world. This book presents an approach to designing mobile media that takes advantage of the Internet-connected, context-aware, and media-sharing capabilities of mobile devices. It introduces tools that can be used at every stage of building a mobile application, from concept creation to commercialization, as well as real-world examples from industry and academia. The methods outlined apply user-centered design processes to mobile devices in a way that makes these methods relevant to the mobile experience--which involves the use of systems in the complex spatial and social world rather than at a desk. The book shows how each project begins with generative research into the practices and desires of a diverse set of potential users, which grounds research and design in the real world. It then describes methods for rapid prototyping, usability evaluation, field testing, and scaling up solutions in order to bring a product to market. Building Mobile Experiences grew out of an MIT course in communicating with mobile technology; it is appropriate for classroom use and as a reference for mobile app designers.

Sensor Technologies Michael J. McGrath,Cliodhna Ni Scanail, Dawn Nafus,2014-01-23 Sensor Technologies: Healthcare, Wellness and Environmental Applications explores the key aspects of sensor technologies, covering wired, wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains.

The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. "Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications." Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London "This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based 'big data' analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health." Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area! Chris Nugent Professor of Biomedical Engineering, University of Ulster

Computational Intelligence for Clinical Diagnosis Ferdin Joe John Joseph, Valentina Emilia Balas, S. Suman Rajest, R. Regin, 2023-06-05 This book contains multidisciplinary advancements in healthcare and technology through artificial intelligence (AI). The topics are crafted in such a way to cover all the areas of healthcare that require AI for further development. Some of the topics that contain algorithms and techniques are explained with the help of source code developed by the chapter contributors. The book covers the advancements in AI and healthcare from the Covid 19 pandemic and also analyzes the readiness and need for advancements in managing yet another pandemic in the future. Most of the technologies addressed in this book are added with a concept of encapsulation to obtain a cookbook for anyone who needs to reskill or upskill themselves in order to contribute to an advancement in the field. This book benefits students, professionals, and anyone from any background to learn about digital disruptions in healthcare.

ComputerBild No24/2014 ИД «Бурда», 2014-11-30 Журнал ComputerBild – это уникальный сборник информации и практических курсов по работе с компьютером. Простые и понятные пошаговые инструкции помогут начинающему пользователю с легкостью овладеть миром высоких технологий, и усовершенствовать свои познания в программах, интернет-сервисах и современных гаджетах. Журнал издается в Германии, России, Испании, Польше, Италии, Болгарии и в Латвии, первый номер журнала вышел в Германии 16 лет назад. В России журнал существует с 2006 года, и за это время он обрел множество верных читателей, которые совершенствуют свои познания в области компьютеров с каждым новым номером. (DVD прилагается только к печатному изданию.)

Bluetooth 4. 0 34 Success Secrets - 34 Most Asked Questions on Bluetooth 4. 0 - What You Need to Know Rose Burt, 2014 There has never been a Bluetooth 4.0 Guide like this. It contains 34 answers, much more than you can imagine; comprehensive answers and extensive details and references, with insights that have never before been offered in print. Get the information you need--fast! This all-embracing guide offers a thorough view of key knowledge and detailed insight. This Guide introduces what you want to know about Bluetooth 4.0. A quick look inside of some of the subjects covered: Motoactv, Bluetooth SMART - Applications, Bluetooth low energy - Applications, Google Nexus - Nexus 5, Bluetooth low energy - Compatibility, Samsung Galaxy Pocket Neo, Kobo Arc, Bluetooth SMART - Compatibility, Samsung Galaxy Pocket Plus, Bluetooth low energy - Further reading, Wearable technology - Modern Technologies, Bluetooth SMART - Further reading, Motoactv - Hardware specifications, Chromebox - C720P, Samsung Galaxy Note II - Specifications, Dell XPS - System specifications, Bluetooth SMART - Identifiers, Mac Mini - Specifications, Chromebox - HP Chromebook 14, Nexus 10 - Hardware and design, Fitbit - Fitbit One, Optical head-mounted display - 2013, iPhone 4S - Hardware, Optical head-mounted display - GlassUp, Chromebox - HP Chromebook 11, Pebble Technology - Hardware, MacBook Air - Specifications, ANT (network) - Comparison with Bluetooth, Bluetooth Low Energy, and ZigBee, iPhone 5, Nike+ FuelBand - Nike+ FuelBand SE, Lenovo IdeaTab tablets - IdeaTab Lynx, and much more...

"Outdoor training", una nueva fórmula para incentivar al trabajador Jose Manuel Ferro Veiga, 2020-01-27 El Outdoor Training persigue potenciar las habilidades laborales y personales de los trabajadores mediante una metodología vivencial basada en el aprendizaje a través de la experiencia directa.

Entrenamiento del ciclista Chris Carmichael, Jim Rutberg, 2016-02-19 Si amas el ciclismo, pero siempre te falta tiempo para entrenar, Entrenamiento del ciclista te devolverá a la cabeza del pelotón en 6 horas a la semana. Eso es, seis horas a la semana es todo lo que necesitas para desarrollar una condición física competitiva y recuperar la capacidad de ganar carreras. El revolucionario programa de entrenamiento diseñado por Chris Carmichael, que incluye sesiones de bajo volumen y alta intensidad, se adecuará a tu estilo de vida y te ayudará en la consecución de tus objetivos. Probado en miles de ciclistas en todo el mundo, Entrenamiento del ciclista conseguirá que: - Fuerces el ritmo en tus habituales salidas en grupo. - Alcances los mejores resultados en las series de campeonatos regionales. - Te prepares para cualquier prueba de fondo o gran fondo, así como para las carreras benéficas. - Desarrolles tu resistencia para afrontar pruebas complicadas, disputadas en varios días consecutivos. Ya seas un

excompetidor, un ciclista que se desplaza en bici hasta el trabajo cada día y quiere mejorar su forma, un ciclista de ciclo-cross que quiere sacarle todo el provecho a una corta temporada competitiva, o uno de mountain bike con la vista puesta en una ambiciosa carrera de resistencia, este libro te ayudará a lograr tu mejor rendimiento, y todo ello sin exigirte más tiempo del que dispones ahora mismo.

The Fourth Revolution Luciano Floridi, 2014-06 Argues that information and communication technologies have fundamentally changed the way people relate to others, proposing a new view of ethics and ecology that considers the implications of the infosphere.

The Happiness Choice, Enhanced Edition Marilyn Tam, 2013-03-18 Discover the path to a happy life, from a woman who overcame the odds and achieved a joyful life Author Marilyn Tam takes what she learned from being an unwanted, neglected, and abused child in Hong Kong to become an international business success and humanitarian who is happy, healthy, and at peace with herself. In *The Happiness Choice*, she teaches readers how to live the life of their dreams. This book reveals the principles, tools, and philosophies she has used to achieve a balanced, healthy, and joyful life. People want contentment, love, and happiness from meaningful work, personal relationships, healthy mind and body, a spiritual core, and a reason for living. Tam details a path to get you there. Offers overall perspective, inspiration, and support to help people achieve their dreams Packed with personal stories and advice from Tam, celebrated entrepreneur and sought-after speaker and consultant, Working globally with Fortune 500 companies, governments, and non-profit organizations *The Happiness Choice*, is filled with stories, tips, and insights on how anyone can live the life they've dreamed of living—a happy, healthy, successful, and dynamically balanced life. The enhanced edition features author Marilyn Tam exploring the book's concepts more in-depth with author-created informational videos.

The Happiness Choice Marilyn Tam, 2013-02-14 Discover the path to a happy life, from a woman who overcame the odds and achieved a joyful life Author Marilyn Tam takes what she learned from being an unwanted, neglected, and abused child in Hong Kong to become an international business success and humanitarian who is happy, healthy, and at peace with herself. In *The Happiness Choice*, she teaches readers how to live the life of their dreams. This book reveals the principles, tools, and philosophies she has used to achieve a balanced, healthy, and joyful life. People want contentment, love, and happiness from meaningful work, personal relationships, healthy mind and body, a spiritual core, and a reason for living. Tam details a path to get you there. Offers overall perspective, inspiration, and support to help people achieve their dreams Packed with personal stories and advice from Tam, celebrated entrepreneur and sought-after speaker and consultant, working globally with Fortune 500 companies, governments, and non-profit organizations *The Happiness Choice*, is filled with stories, tips, and insights on how anyone can live the life they've dreamed of living—a happy, healthy, successful, and dynamically balanced life.

Persuasive Technology Shlomo Berkovsky, Jill Freyne, 2013-03-15 This book constitutes the refereed proceedings of the 8th International Conference on Persuasive Technology, *PERSUASIVE 2013*, held in Sydney, NSW, Australia, in April 2013. The 16 revised full papers and 12 revised short papers presented were carefully reviewed and selected

from 47 submissions. The papers address not only typical persuasive domains like health and environment, but also cover emerging research topics, such as data safety and evaluation of persuasive technologies.

Advances in the Human Side of Service Engineering James C. Spohrer, Louis E. Freund, 2012-07-11 If there is any one element to the engineering of service systems that is unique, it is the extent to which the suitability of the system for human use, human service, and excellent human experience has been and must always be considered. An exploration of this emerging area of research and practice, *Advances in the Human Side of Service Engineering* covers a broad spectrum of ergonomics and human factors issues highlighting the design of contemporary manufacturing systems. Topics include: Adoption of health information technology (HIT) Aging society: the impact of age on traditional service system constructs Anthropology in service science Applying service design techniques to healthcare Co-creating value Cognitive systems modeling of service systems Context-related service: the human aspect of service systems Designing services for underserved populations Ethics dividend in services: how it may be cultivated, grown, and measured Governance of service systems Human aspects of change when applying Lean Six Sigma methods and tools Human side of service dominant logic in B2B settings Human-computer interaction and HF in software technologies Service network configuration impacts on customer experience Simulating employees and customers in service systems Systems design and the customer experience Usability and human side of electronic financial services The book also discusses issues that arise in shop floor and office environments in the quest for manufacturing agility, i.e. enhancement and integration of human skills with hardware performance for improved market competitiveness, management of change, product and process quality, and human-system reliability. It provides a foundation upon which researchers and practitioners can contribute to this quickly evolving area and make lasting contributions.

Advances in Statistical Methodologies and Their Application to Real Problems Tsukasa Hokimoto, 2017-04-26 In recent years, statistical techniques and methods for data analysis have advanced significantly in a wide range of research areas. These developments enable researchers to analyze increasingly large datasets with more flexibility and also more accurately estimate and evaluate the phenomena they study. We recognize the value of recent advances in data analysis techniques in many different research fields. However, we also note that awareness of these different statistical and probabilistic approaches may vary, owing to differences in the datasets typical of different research fields. This book provides a cross-disciplinary forum for exploring the variety of new data analysis techniques emerging from different fields.

Advances in Human Factors and Ergonomics 2012- 14 Volume Set Gavriel Salvendy, Waldemar Karwowski, 2012-08-06 With contributions from an international group of authors with diverse backgrounds, this set comprises all fourteen volumes of the proceedings of the 4th AHFE Conference 21-25 July 2012. The set presents the latest research on current issues in Human Factors and Ergonomics. It draws from an international panel that examines cross-cultural differences, design issues, usability, road and rail transportation, aviation, modeling and simulation, and healthcare.

Design, User Experience, and Usability: Design Thinking and Methods Aaron Marcus, 2016-07-04 The three-volume set LNCS 9746, 9747, and 9748 constitutes the proceedings of the 5th International Conference on Design, User Experience, and Usability, DUXU 2016, held as part of the 18th International Conference on Human-Computer Interaction, HCII 2016, in Toronto, Canada, in July 2016, jointly with 13 other thematically similar conferences. The total of 1287 papers presented at the HCII 2016 conferences were carefully reviewed and selected from 4354 submissions. These papers address the latest research and development efforts and highlight the human aspects of design and use of computing systems. The papers accepted for presentation thoroughly cover the entire field of Human-Computer Interaction, addressing major advances in knowledge and effective use of computers in a variety of application areas. The total of 157 contributions included in the DUXU proceedings were carefully reviewed and selected for inclusion in this three-volume set. The 49 papers included in this volume are organized in topical sections on design thinking; user experience design methods and tools; usability and user experience evaluation methods and tools.

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