

Ifit Running

Carrie Roldan

Smartphone Apps for Health and Wellness John P. Higgins, Mathew P.

Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

PC Mag , 2001-02-06 PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

It Takes What It Takes Trevor Moawad, Andy Staples, 2020-02-04 Foreword by Seattle Seahawks quarterback Russell Wilson From a top mental conditioning coach—the world's best brain trainer" (Sports Illustrated)—who has transformed the lives and careers of elite athletes, business leaders, and military personnel, battle-tested strategies that will give you tools to manage and overcome negativity and achieve any goal. He knows how to win. More, he knows the many ways—subtle, brutal, often self-inflicted—we lose. As the most trusted mental coach in the world of sports, Trevor Moawad has worked with many of the most dominant athletes and the savviest coaches. From Nick Saban and Kirby Smart to Russell Wilson, they all look to Moawad for help finding or keeping or regaining their competitive edge. (As do countless business leaders and members of special forces.) Now, at last, Moawad shares his unique philosophy with the general public. He lays out lessons he's derived from his greatest career successes as well as personal setbacks, the game-changing wisdom he's earned as the go-to whisperer for elite performers on fields of play and among men and women headed to the battlefield. Moawad's motivational approach is elegant but refreshingly simple: He replaces hardwired negativity, the kind of defeatist mindset that's nearly everybody's default, with what he calls neutral thinking. His own special innovation, it's a nonjudgmental, nonreactive way of coolly assessing problems and analyzing crises, a mode of attack that offers luminous clarity and supreme calm in the critical moments before taking decisive action. Not only can neutral thinking raise your performance level—it can transform your overall life. And it all starts, Moawad says, with letting go. Past failures, past losses—let them go. The past isn't predictive. If you can absorb and embrace that belief, everything changes. You'll instantly feel more calm. And the athlete—or employee or parent or spouse—who's more calm is also more aware, and more times than not ... will win.

Runner's World Running on Air Budd Coates, Claire Kowalchik, 2013-04-09

Renowned running coach Coates presents a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running using a mix of accessible science, Eastern philosophy, and experience.

iPhone and iPad Game Development For Dummies Neal Goldstein, Jon Manning, Paris Buttfield-Addison, 2010-10-26 Here's the scoop on building and marketing great games for the iPhone and iPad! The iPhone and iPad are the hottest techno-gadgets on the market today, and games for it are even hotter. To help you cash in on the trend, this book shows what it takes to create a good iPhone and iPad game and how to get it into the App Store. Neal Goldstein, leader of an iPhone app startup company, and his co-authors show you how to build a game that will sell, include quality graphics, market your game through the App Store, and more. Whether you're a programming novice or an experienced developer looking to enter the game market, here's how to get going. Games for the iPhone are among the hottest apps in Apple's App Store. Learn to build two game applications – from beginning to end. Written by successful mobile app developers, this guide begins with how to get started, including downloading the SDK and filling your toolbox. Covers programming with Objective-C and Cocoa, what makes a good game, graphics, and creating good mobile apps. Explains how to market your game through the App Store. iPhone and iPad Game Development For Dummies can start you on a fun hobby or a lucrative career. Note: Apple's iOS SDK tools are only accessible on Intel-powered Mac and MacBook devices.

Ubuntu for Non-Geeks, 4th Edition Rickford Grant, 2010 Provides information on using the latest Ubuntu release, covering such topics as installation, customizing the GNOME panel, installing applications, using printers and scanners, connecting to the Internet, using multimedia, and security.

Fixing Access Annoyances Phil Mitchell, Evan Callahan, 2006-02-21 When an application is part of the Microsoft Office suite, it's sure to be a leader in its field. In the realm of desktop database management, Access is top dog with millions of users. But this is one dog that can bite. Although Access is a powerful, relational tool with the fetching talents of a Labrador, it's not an easy beast to train. Still, millions of users count on Access for everything from managing parts databases to running Web catalogs to working as a front end to mondo SQL databases. But Access is chockablock with annoyances---report hassles, query conundrums, VBA bugs, arcane error messages, and more. O'Reilly's Annoyances series offer real-world help, right now, and Fixing Access Annoyances continues tradition. You'll not only squash bugs and workaround Access' limits, but you'll learn how to use Access to the max, whether you're a newbie or a seasoned pro. Coverage includes install/configuration annoyances, building better tables and queries, creating forms that work right, generating reliable and sophisticated reports, pulling in data from a variety of sources, crafting macros and VBA code to customize Access, and much more. You could grab those other books for help, but do they solve problems from page one? Meet a book of a different stripe. The authors come armed with knowledge of the program's quirks, design hurdles and interface snags. They provide you with battle plans in Fixing Access Annoyances to save you time and bouts of hair pulling. Stop information from spiraling out of control when working with Access and trying to make this #\$\$\$@##\$ thing work! Don't let its quirks, bugs, and troublemaking features beat you. Who you gonna call for help? Instead of waiting on the

line for tech support or searching for the answer on the Internet with its too many resources to find exactly what you need, take control of databases with Fixing Access Annoyances, your partner on database adventures.

Innovation Everett Stephenson, Jr.,2011-10-27 Is the United States losing its creative edge and unrivaled position in producing and commercializing big ideas for over a century? These stories explore contemporary issues where innovation is a central theme and characters push the envelope. * A retired college professor in Savannah's Historic District is swept into a super-secret program designed to prevent autonomous machines from running amok. * Returning home, a disabled vet helps hold a young family together, energizes a floundering business, and refuses to succumb to living as a broken man doing odd jobs and cleaning up behind the able-bodied people he fought for. * Frustrated by escalating college costs and a lackluster job market, three students team up at a Homecoming party to develop and sell a radical military surveillance technology. * Bored and unchallenged, a single working mother risks raising the National Security Threat Level to escape her humdrum life and re-kindle the competitive spirit of her youth. * An idea from an incomplete item discarded during a garage sale could pay off big. * If Henry Ford and Thomas Edison had allied Ford and GE, built electric cars, and relocated from Detroit to a mega-site in the South that Ford was promoting after WWI, how would history have been written?

Professional Visual Studio 2013 Bruce Johnson,2014-03-05 Comprehensive guide to Visual Studio 2013 Visual Studio is your essential tool for Windows programming. Visual Studio 2013 features important updates to the user interface and to productivity. In Professional Visual Studio 2013, author, Microsoft Certified Trainer, and Microsoft Visual C# MVP Bruce Johnson brings three decades of industry experience to guide you through the update, and he doesn't just gloss over the basics. With his unique IDE-centric approach, he steers into the nooks and crannies to help you use Visual Studio 2013 to its maximum potential. Choose from more theme options, check out the new icons, and make your settings portable Step up your workflow with hover colors, auto brace completion, peek, and CodeLens Code ASP.NET faster than ever with new shortcuts Get acquainted with the new SharePoint 2013 environment Find your way around the new XAML editor for Windows Store apps Visual Studio 2013 includes better support for advanced debugging techniques, vast improvements to the visual database tools, and new support for UI testing for Windows Store apps. This update is the key to smoother, quicker programming, and Professional Visual Studio 2013 is your map to everything inside.

The Runner's Field Manual Mark Remy,Editors of Runner's World,2010-10-12 An engaging reference for anyone who loves to run, or wants to learn to, includes lessons, warnings and instructional asides and covers everything from first aid and hydration to the dating lives of runners to race intricacies and urban pitfalls.

Advances in Materials and Pavement Prediction Eyad Masad,Amit Bhasin,Tom Scarpas,Ilaria Menapace,Anupam Kumar,2018-07-16 Advances in Materials and Pavement Performance Prediction contains the papers presented at the International Conference on Advances in Materials and Pavement Performance Prediction (AM3P, Doha, Qatar, 16- 18 April 2018). There has been an increasing emphasis internationally in the design and construction of sustainable pavement systems. Advances in Materials and Pavement Prediction reflects this development highlighting various approaches to predict pavement

performance. The contributions discuss links and interactions between material characterization methods, empirical predictions, mechanistic modeling, and statistically-sound calibration and validation methods. There is also emphasis on comparisons between modeling results and observed performance. The topics of the book include (but are not limited to): • Experimental laboratory material characterization • Field measurements and in situ material characterization • Constitutive modeling and simulation • Innovative pavement materials and interface systems • Non-destructive measurement techniques • Surface characterization, tire-surface interaction, pavement noise • Pavement rehabilitation • Case studies Advances in Materials and Pavement Performance Prediction will be of interest to academics and engineers involved in pavement engineering.

Traveling Light Andrea Thalasinis, 2013-07-16 Sleeping on the couch for a decade after her husband's hoarding gets out of control, unfulfilled university employee Paula rescues a dying man's beloved dog and embarks on a life-changing journey that compels a new vocation at a wildlife rehabilitation center. 50,000 first printing.

JCPenney [catalog]. , 2005

Blue Jean Buddha Sumi Loundon Kim, 2013-02-08 In an age when the Dalai Lama's image has been used to sell computers, rock stars have used tantra to enhance their image, and for many, Nirvana calls to mind a favorite band, what does Buddhism mean to twenty-somethings? Blue Jean Buddha offers real stories about young Buddhists in their own words that affirm and inform the young adult Buddhist experience. This one-of-a-kind book is about the experiences of young people in America—from their late teens to early thirties—who have embraced Buddhism. Thirty-three first-person narratives reflect on a broad range of life-stories, lessons, and livelihood issues, such as growing up in a Zen center, struggling with relationships, caring for the dying, and using marathon running as meditation. Throughout, up-and-coming author Sumi Loundon provides an illuminating context for the tremendous variety of experiences shared in the book. Blue Jean Buddha was named a finalist in the 2002 Independent Publisher Book Awards (Multicultural Non-Fiction - Young Adult) as well in NAPRA's Nautilus Awards, in the Personal Journey/Memoir/Biography category.

Pretty Little London Sara Santini, Andrea Di Filippo, 2021-07-20 Based on the hugely popular Instagram account of the same name, *Pretty Little London* introduces you to 100 Insta-worthy places to explore in the city all year round.

How Good is That? Jane and Mike Tomlinson, 2009-05-05 Following a seven-year battle with cancer, Jane Tomlinson died at the age of 43 in September 2007. Almost exactly one year earlier, on 1 September 2006, Jane finished a gruelling nine-week, 3,700-mile cycle ride from the west coast to the east coast of America. Her journey was hailed as one of the greatest endurance feats ever by a terminal cancer sufferer. *How Good is That?* takes the reader behind the scenes of this extraordinary last ride across terrain and in temperatures which were to prove almost untenable as Jane's illness worsened. She was defiant to the end. The book, already substantially written by Jane for her part before her death, has been completed by Mike to give an incredible and moving insight into his wife's final days as well as the achievements, emotional and physical, of a woman who inspired a nation.

Learning Android Application Programming James Talbot, Justin McLean, 2014

Teaches Android programming through structured exercises that cover the entire development process, guiding readers through building a mobile biking app that can track mileage and routes.

The Four-Day Win Martha Beck, 2008-03-18 A life coach columnist for O magazine challenges opinions about will power being a key element in weight loss, introducing an unconventional program that incorporates a series of four-day habit-changing steps that culminate in an overall healthier lifestyle. Reprint.

Run Yourself Happy Carrie Roldan, 2014-07-08 A unique approach to life and running from a coach, athlete, mom, and spiritual seeker. Run Yourself Happy offers an easy to follow and implement plan that blends running and spiritual practice to release anxiety and create space for miracles. Perfect for runners, former runners, or wanna-be runners alike, this book is fun to read, and the techniques offered within will help turn running into a self-love practice which will support weight loss and a lifelong love of running. Carrie Roldan guides her readers on a journey of self-discovery through running. Whether your intentions are to lose weight, get in shape for a race, or just enjoy running, this book will deliver exactly what you need. Roldan combines her personal story, expertise, and experience with tried and true spiritual practices, Law of Attraction, and yoga techniques to help the reader to connect with the call of their soul and live their life's purpose, one run at a time.

Ruby by Example Kevin C. Baird, 2007-06-01 There may be no better way to learn how to program than by dissecting real, representative examples written in your language of choice. Ruby by Example analyzes a series of Ruby scripts, examining how the code works, explaining the concepts it illustrates, and showing how to modify it to suit your needs. Baird's examples demonstrate key features of the language (such as inheritance, encapsulation, higher-order functions, and recursion), while simultaneously solving difficult problems (such as validating XML, creating a bilingual program, and creating command-line interfaces). Each chapter builds upon the previous, and each key concept is highlighted in the margin to make it easier for you to navigate the book. You'll learn how to: –Use the interactive Ruby shell (irb) to learn key features of the language –Extend Ruby using RubyGems, the Ruby package manager –Create numerical utilities, as well as utilities that process and analyze HTML/XML –Implement purely functional and metaprogramming techniques to save time and effort –Optimize, profile, and test your code to make sure that it not only does its job, but does it well –Create web applications using Rails Ruby is the fastest growing programming language today, and for good reason: its elegant syntax and readable code make for prolific and happy programmers. But it can be difficult to understand and implement without a little help. Ruby by Example shows you how to take advantage of Ruby as you explore Ruby's fundamental concepts in action.

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Ifit Running Introduction

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