

# Dailymile

Mike Dales

*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 Psychology of Running** Noel Brick, Stuart Holliday, 2023-09-20 Why do people run? How can I improve my running performance? Will running help me feel better? The Psychology of Running provides a unique insight into why running is such a popular form of exercise and competition. From evolutionary perspectives on why humans have needed to run and how our bodies have adapted for this function, to discussing evidence-based interventions that can improve running performance, the book delves into the psychological motivations and benefits of running. The book also considers ways in which running can be used for social change and life skill development, highlighting how such a simple activity can have benefits for our physical and mental health. Providing proven psychological strategies and techniques to help improve running performance and boost our individual self-belief, The Psychology of Running shows us how we can enjoy running, no matter our age or ability.

**Social Determinants of Health** Bonner, Adrian, 2017-12-06 This book provides an applied, interdisciplinary approach to an understanding of the key social determinants of health, essential at a time of increasing inequalities and reductions in existing NHS services and local authority budgets. A person's health and wellbeing is influenced by a spectrum of socioeconomic, cultural, living and working conditions, social and community networks and lifestyle choices. Based on the 'rainbow model' of the social determinants of health, chapters from experts in a wide range of disciplines examine the key factors which can lead to poor quality of life, homelessness and reduced mortality. Featuring practitioner, academic and commentator experiences, and clear case studies, this book will enable researchers, front-line workers, managers, service commissioners and politicians to identify and employ the most appropriate health, social and economic interventions to support those at the edge of the community, and the promotion of their inclusion in society.

*Beyond the Twelve-Ounce Curl* Mark Sinderson, 2010-12 Let's face it, good beer and food tastes great, but it is also full of calories. Those calories can wreak havoc to your health faster than you can say pass me another beer. Well, there is hope. *Beyond The Twelve Ounce Curl* was written specifically to help beer and food lovers get fit and lose weight without giving up good beer or food. You will learn tips, ideas, strategies and suggestions based on my success over the last 25 years of balancing a love of good food and drink with a healthy lifestyle. If you are looking to improve your physical condition and/or lose some weight, reading this book can get you started down the road to better health. You will be able to make improvements in your health and fitness while still enjoying the good beer and food that you love. The book is loaded with straightforward information, including a step by step program that you can use to improve your health and fitness beginning right now. If you follow the basic ideas and concepts in this book and make a commitment to improve yourself, you will see results in these areas: Your Diet: You will learn how to manage your calorie intake and how to make smart decisions about the food you eat. Whether you are looking to lose weight or just eat healthier, I can help you get the most from your diet and still let you enjoy good beer and food. Your Heart: Discover the secret that allows you to control your workouts and build a healthy heart. You will be able to start down the road to aerobic fitness and all of the benefits it provides, like weight loss, lower blood pressure and cholesterol, and more energy each and every day. Your Body: Gain back the strength and flexibility you once had by doing some basic exercises. Help your body endure the stresses of everyday life and turn back the clock on aging and muscle loss. Your Life: Learn how to make health and fitness part of your everyday routine and enjoy the benefits for the rest of your life. Being fit and eating well can actually go together. You will be able to take pride in the new you and still enjoy the food and beer that you love. Not to mention that your friends will all be jealous of you.

**Promoting physical activity through schools**, 2021-12-20 This ACTIVE toolkit is one of a series to support countries with the development and implementation of effective policy actions recommended to increase physical activity. Based on best available evidence and practice, this toolkit aims to guide school policy-makers and planner in all countries (especially low- and middle-income countries) to develop a comprehensive approach to coordinate and implement a whole-of-school approach to physical activity in all primary and secondary schools.

**An Educator's Guide to Mental Health and Wellbeing in Schools** James Hollinsley, 2018-04-10 A brilliant collection of essays by educators, psychologists and counsellors, highlighting the critical importance of mental health and wellbeing of students in our schools. The book has been collated and edited by James Hollinsley, Head of the Longwood Primary Academy in Essex, highly respected and awarded for their proactive approach to child mental health. An absolutely critical read for all those involved in the education of young people, the book offers: a range of best-practice case studies; searingly honest anonymous stories from survivors of poor mental health who have also been (or are) practitioners in schools; and advice from experts and specialists, including psychologists, counsellors and SEN specialists.

*The Routledge Handbook of Youth Physical Activity* Timothy Brusseau, Stuart Fairclough, David Lubans, 2020-04-07 Over the past three decades the study of pediatric physical inactivity has become a public health concern. The decreases in physical activity have been associated with obesity and numerous hypokinetic diseases. In accordance with this public health concern, the study of pediatric physical activity has become a central part of research in the health and exercise science fields. The Routledge Handbook of Youth Physical Activity is the first book to survey the full depth and breadth of the issues facing this field. Bringing together many of the world's experts and practitioners, the book helps to develop an understanding of the underlying issues related to pediatric physical activity as well as the role physical activity plays on cognitive, psychomotor, and social aspects of childhood. The book addresses issues with physical activity measurement and discuss wide-ranging aspects of physical activity interventions. With more emphasis than ever on physical activity, this book makes an important contribution to the scholars and practitioners working in the field of youth

physical activity. This is the first single text on the state of current knowledge related to pediatric physical activity which offers a comprehensive guide to students and academics on these subjects. The Routledge Handbook of Youth Physical Activity is key reading for all advanced students, researchers, practitioners, and policy-makers with an interest in physical activity, youth sport, public health matters, sport studies, or physical education.

**The Miracle Pill** Peter Walker, 2021-01-21 'This book is pretty life-changing – encouraging, optimistic, rich with information. It got me off the sofa.' Jeremy Vine 'This is such a lovely, ambitious, fascinating book. Essential lockdown reading. It allows us to reimagine our world and our bodies: we can move more.' Dr Xand van Tulleken, TV presenter 'Truly uplifting' Chris Boardman What is the 'miracle pill', the simple lifestyle change with such enormous health benefits that, if it was turned into a drug, would be the most valuable drug in the world? The answer is movement and the good news is that it's free, easy and available to everyone. Four in ten British adults, and 80% of children, are so sedentary they don't meet even the minimum recommended levels for movement. What's going on? The answer is simple: activity became exercise. What for centuries was universal and everyday has become the fetishised pursuit of a minority, whether the superhuman feats of elite athletes, or a chore slotted into busy schedules. Yes, most people know physical activity is good for us. And yet 1.5 billion people around the world are so inactive they are at greater risk of everything from heart disease to diabetes, cancer, arthritis and depression, even dementia. Sedentary living now kills more people than obesity, despite receiving much less attention, and is causing a pandemic of chronic ill health many experts predict could soon bankrupt the NHS. How did we get here? Daily, constant exertion was an integral part of humanity for millennia, but in just a few decades movement was virtually designed out of people's lives through transformed workplaces, the dominance of the car, and a built environment which encourages people to be static. In a world now also infiltrated by ubiquitous screens, app-summoned taxis and shopping delivered to your door, it can be shocking to realise exactly how sedentary many of us are. A recent study found almost half of middle-aged English people don't walk continuously for ten minutes or more in an average month. At current trends, scientists forecast, the average US adult will expend little more energy in an average week than someone who spent all their time in bed. This book is a chronicle of this very modern and largely unexplored catastrophe, and the story of the people trying to turn it around. Through interviews with experts in various fields - doctors, scientists, architects and politicians - Peter Walker explores how to bring more movement into the modern world and, most importantly, into your life. Forget the gym, introducing quick and easy lifestyle changes can slow down the ageing process and even reverse many illnesses and increase mental wellbeing.

**Find Time for Exercise** Mike Dales, 2021-08-28 Find Time for Exercise offers an achievable solution – regular exercise – to one of the biggest health issues facing the world today: physical inactivity and its consequent problems, including obesity, reduced life expectancy and a wide range of physical and mental health issues.

**Wellbeing in the Primary Classroom** Adrian Bethune, 2023-07-20 'Adrian Bethune is an inspiration and this book should be required reading for everyone involved in teaching young children.' - Dr Mark Williamson, Director of Action for Happiness, @actionhappiness This award-winning guide for teaching wellbeing and positive mental health in primary schools is packed with practical ideas for every classroom. This timely updated edition recognises the need for more guidance in schools following pupils' rising levels of stress, anxiety and depression due to the pandemic. Evidence has shown that happy people (those who experience more positive emotions) perform better in school, enjoy healthier relationships, are generally more successful and even live longer! Many schools and teachers are looking for accessible ways to address these mental health problems in young people, and this revised edition is the essential tool needed to support healthy emotional development in the primary classroom. The book includes new chapters on: - the importance of nature for health, behaviour and concentration, - digital wellbeing and helping children to navigate life online in a healthy way, - and includes updated statistics and research on mental health and wellbeing of children and teachers. In this must-read book, experienced teacher and advisor on children's wellbeing, Adrian Bethune, takes the latest evidence and research from the science of happiness and positive psychology and brings them to life. Wellbeing in the Primary Classroom is packed full of tried-and-tested activities and techniques, including mindfulness, positive reflection, physical activity and acts of kindness.

**Psychology of Physical Activity** Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely, Guy Faulkner, 2021-04-11 The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to be a major concern throughout the world. Understanding the psychology of physical activity has therefore become an important issue for scientists, health professionals and policy-makers alike as they address the challenge of behaviour change. Psychology of Physical Activity provides comprehensive and in-depth coverage of the fundamentals of exercise psychology, from mental health, to theories of motivation and adherence, and to the design of successful interventions for increasing participation. Now publishing in a fully revised, updated and expanded fourth edition, Psychology of Physical Activity is still the only textbook to offer a full survey of the evidence base for theory and practice in exercise psychology, and the only textbook that explains how to interpret the quality of the research evidence. As the field continues to grow rapidly, the new edition expands the behavioural science content of numerous important topics, including physical activity and cognitive functioning, automatic and affective frameworks for understanding physical activity involvement, new interventions designed to increase physical activity (including use of new technologies), and sedentary behaviour. A full companion website offers useful features to help students and lecturers get the most out of the book during their course, including multiple-choice revision questions, PowerPoint slides and a test bank of additional learning activities. Psychology of Physical Activity is the most authoritative, engaging and up-to-date book on exercise psychology currently available. It is essential reading for all students working in behavioural medicine, as well as the exercise and health sciences.

**Inspiring Primary Learners** Roger McDonald, Poppy Gibson, 2021-02-25 Inspiring Primary Learners offers trainee and qualified teachers high-quality case studies of outstanding practice in contemporary classrooms across the country. Expert authors unravel and reveal the theory and evidence that underpins lessons, helping you make connections with your own practice and understand what 'excellent' looks like, within each context, and how it is achieved. Illustrated throughout with interviews, photos, and examples of children's work, it covers a range of primary subjects and key topics including creating displays, outdoor learning, and developing a reading for pleasure culture. The voice of the practitioner is evident throughout as teachers share their own experience, difficulties, and solutions to ensure that children are inspired by their learning. Written in two parts, the first exemplifies examples of practice for each National Curriculum subject, whilst the second focuses on the wider curriculum and explores issues pertinent to the primary classroom, highlighting important discussions on topics such as: Reading for pleasure Writing for pleasure Creating a dynamic and responsive curriculum Creating inspiring displays Outdoor learning Pedagogy for imagination Relationships and Sex Education This key text shows how, even within the contested space of education, practitioners can inspire their primary learners through teaching with passion and purpose for the empowerment of the children in their class. For all new teachers, it provides advice and ideas for effective and engaging learning experiences across the curriculum.

**Physical Activity and Sport During the First Ten Years of Life** Richard Bailey, Jennifer P. Agans, Jean Côté, Andy Daly-Smith, Phillip D. Tomporowski, 2021-04-12 Evidence suggests that the first 10 or so years of life create the foundation for subsequent participation in recreational and health-related physical activity. This book brings together researchers and practitioners with expertise in issues related to physical activity, physical education, and sport during the primary/elementary phase of schooling, to explore these important issues. Combining inter-disciplinary perspectives, the book addresses the inherent complexity of researching with young children. It looks at the evidence on development during the first 10 years and how that evidence relates to physical activity and to sport, in pre-school, school and out of school. Finally, the book offers a series of national case studies, from Asia, Europe and Africa, demonstrating the importance of age-appropriate sport and physical activity. This is important reading for any student, researcher, educator or policy maker with an interest in physical activity and health, education in the early years or at primary/elementary level, paediatric exercise science, or youth sport.

**Positive Psychology: Theory, Research and Applications** Ilona Boniwell, Aneta D. Tunariu, 2019-06-20 The second edition of Positive Psychology features ground-breaking evidence and thinking on the topics of happiness, flow, optimism, motivation and more. Discover how to increase happiness levels, what obstacles to flourishing affect our day-to-day lives and how to apply positive psychology to diverse professional disciplines. The

authors map the key positive psychology interventions available and discuss their merits with an emphasis on practice and evaluation. Ilona Boniwell and Aneta Tunariu skilfully combine a breadth of information about positive psychology with reflective questions, critical commentary and up-to-date research. Written in a witty, engaging and contemporary manner, this new edition includes: • Chapter summaries to help you check your understanding and speed up your revision • Experiments boxes to highlight research methodologies and contextualize the latest psychological findings • Personal development exercises to enhance your skills in wellbeing • Review questions to test your knowledge • Suggested resources to make your study time more efficient • Time out boxes to highlight key concepts and thinkers • Think about it boxes to develop your critical thinking skills • Measurement tools to introduce you to current thinking and debates • Mock essay questions to help you practise for your exam • Further reflection topics to delve deeper • Links to media materials within as well as beyond the typical academic literature • End of chapter quizzes to help you check your understanding Positive Psychology is essential reading for students taking modules in positive psychology and wellbeing; will be of interest to students of applied, coaching and sports psychology; and can help develop practising psychologists, coaches, counsellors and researchers interested in this burgeoning field of mental wellbeing and human happiness. A highly recommended resource for teaching and studying positive psychology. Up-to-date, incorporating both the history and the latest developments in this field. Very clearly laid out, with key topics and concepts explained well along with practical learning activities for the use in classroom and/or for students' individual learning. Vanessa King, MAPP (UPenn), Board Member Action for Happiness

**Feel Good Again** Linda Goggin,2017-08-29 Is waking up with fatigue, aches, and pains getting old for you? Your labwork is ?normal.? Your doctors shrug their shoulders. And you're left wondering where in the world your energy and vitality could possibly have gone, especially when you're trying to ?do all the right things.? Dr. Linda Goggin invites you on a lively journey to Feel Good Again, because robust good health is your birthright and YOU deserve to feel fantastic! Feel Good Again is an easy-to-read, information-packed guide on the road back to regaining your health, en-ergy, and enthusiasm for life.

**Physical Activity Behavior, Cognition and Psychological Well-being in Educational Settings** Renate Helena Maria De Groot,Natalie Lander,Rianne Golsteijn,Esther Hartman,2022-11-23

**Live Well, Learn Well** Abigail Mann,2020-10-15 Supporting student wellbeing is an absolute must if you are to develop high-achieving, well-rounded learners. After all, happy students are successful students. Live Well, Learn Well is packed with 90 practical ideas and strategies that will help your students progress with their studies and thrive in your secondary classroom. #Teacher5aday advocate Abigail Mann offers easy-to-implement techniques that use classroom management, classroom layout, praise and rewards to support student wellbeing. By the same author as Live Well, Teach Well, this book offers ideas and activities that will help students to manage their time and workload more effectively, learn coping strategies to manage stress and play a more active role in their local communities. The dip-in-and-out format will enable you to act quickly to support the needs of your students so they feel happy with their studies and confident about their progress. Improving social and emotional wellbeing in this way will build better relationships between you and your students, boost mental health and have a positive impact on academic outcomes.

*Promoting physical activity through schools* ,2022-05-31

**The Active Workday Advantage** Lizzie Williamson,2024-01-31 Move more and find a happier, healthier, more productive you. After a long day of sitting at work, your body aches, you have no energy, you' re drained of creativity and your mood has hit rock bottom. But that' s just part of your job, right? Wrong! It doesn' t have to be that way. The Active Workday Advantage will educate and inspire you to incorporate micro moves &- small and powerful moments of movement &- into your daily routine. Follow the suggestions in this fun and motivating book and you' ll boost your energy levels, improve your strength and flexibility, keep your attention span switched on, spark your creativity and reboot your brain for peak performance.With easy-to-follow, research-based suggestions for low-effort ways to move more and feel better, workplace wellness expert Lizzie Williamson empowers you to change your perspective on exercise, prioritise active habits and take control of your physical and mental wellbeing at work.

*Summary of Move! - [Review Keypoints and Take-aways]* PenZen Summaries,2022-11-29 The summary of Move! - The New Science of Body Movement and How it Can Set Your Mind Free presented here include a short review of the book at the start followed by quick overview of main points and a list of important take-aways at the end of the summary. The Summary of Move! is a comprehensive manual that will show you how to get your body - and your mind - moving. Drawing on recent findings from the field of exercise science, it offers practical advice on how to increase your level of creativity, enhance your mental health, and protect your brain against the myriad of negative effects of ageing. Move! summary includes the key points and important takeaways from the book Move! by Caroline Williams. Disclaimer: 1. This summary is meant to preview and not to substitute the original book. 2. We recommend, for in-depth study purchase the excellent original book. 3. In this summary key points are rewritten and recreated and no part/text is directly taken or copied from original book. 4. If original author/publisher wants us to remove this summary, please contact us at support@mocktime.com.

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