Runtastix

Ordóñez de Pablos, Patricia

Point-of-Care Technologies Enabling Next-Generation Healthcare Monitoring and Management Sandeep Kumar Vashist,John H.T. Luong,2019-02-20 This book describes the emerging point-of-care (POC) technologies that are paving the way to the next generation healthcare monitoring and management. It provides the readers with comprehensive, up-to-date information about the emerging technologies, such as smartphone-based mobile healthcare technologies, smart devices, commercial personalized POC technologies, paper-based immunoassays (IAs), lab-on-a-chip (LOC)-based IAs, and multiplex IAs. The book also provides guided insights into the POC diabetes management software and smart applications, and the statistical determination of various bioanalytical parameters. Additionally, the authors discuss the future trends in POC technologies and personalized and integrated healthcare solutions for chronic diseases, such as diabetes, stress, obesity, and cardiovascular disorders. Each POC technology is described comprehensively and analyzed critically with its characteristic features, bioanalytical principles, applications, advantages, limitations, and future trends. This book would be a very useful resource and teaching aid for professionals working in the field of POC technologies, in vitro diagnostics (IVD), mobile healthcare, Big Data, smart technology, software, smart applications, biomedical engineering, biosensors, personalized healthcare, and other disciplines.

Get Fit with Apple Watch Allen Taylor,2015-09-23 Get Fit with Apple Watch is the concise introduction to the amazing new Apple Watch. It's the first book specifically focused on the Apple Watch's most important function: health and fitness. This book is for you if you are interested in health and are willing to make small lifestyle adjustments in order to enhance health and well-being. This book is also for you if you are a dedicated health junkie who already exercises on a regular basis and follows a healthy diet. The Apple Watch includes fitness apps that you can access right on your wrist while you are exercising, for instant feedback on how you are doing. You will learn how to use the Watch to avoid sitting for too long, to register a healthy amount of body movement every day, and how to get the most out of more strenuous exercise activities. All fitness and exercise-related built-in apps will be covered in detail, as well as leading third party health and fitness apps that have been specifically tailored to work with the Watch. Part I plus two appendixes give readers just what they need to know to understand all functionality of the Apple Watch to set up their Apple Watch, and what third-party apps are available (at time of publication). It's a great mini-book that will be appeal to readers who don't feel the need to buy an entire standalone introduction to the Apple Watch. Part II (the majority of the book) clearly explains the Apple Watch's fitness an d health-tracking functions, but goes well beyond this by showing readers different ways to integrate these functions into their daily lives, regular workout routines, and with their iPhone and the leading third-party health and fitness apps. Plus, there's an entire chapter devoted to the Apple Watch Research Kit, explaining the benefits of the associated medical research apps and how users can participate in these world-changing programs, should they choose to. Veteran technology author Allen Taylor is also a participant in the Apple Watch Research Kit study in cardiovascular fitness conducted by Stanford University.

Wearable Technology in Medicine and Health Care Raymond Tong,2018-08-08 Wearable Technology in Medicine and Health Care provides readers with the most current research and information on the clinical and biomedical applications of wearable technology. Wearable devices provide applicability and convenience beyond many other means of technical interface and can include varying applications, such as personal entertainment, social communications and personalized health and fitness. The book covers the rapidly expanding development of wearable systems, thus enabling clinical and medical applications, such as disease management and rehabilitation. Final chapters discuss the challenges inherent to these rapidly evolving technologies. Provides state-of-the-art coverage of the latest advances in wearable technology and devices in healthcare and medicine Presents the main applications and challenges in the biomedical implementation of wearable devices Includes examples of wearable sensor technology used for health monitoring, such as the use of wearables for continuous monitoring of human vital signs, e.g. heart rate, respiratory rate, energy expenditure, blood pressure and blood glucose, etc. Covers examples of wearables for early diagnosis of diseases, prevention of chronic conditions, improved clinical management of neurodegenerative conditions, and prompt response to emergency situations

HCI International 2015 - Posters' Extended Abstracts Constantine Stephanidis,2015-07-20 This is the second volume of the two-volume set (CCIS 528 and CCIS 529) that contains extended abstracts of the posters presented during the 17th International Conference on Human-Computer Interaction, HCII 2015, held in Heraklion, Crete, Greece in August 2015. The total of 1462 papers and 246 posters presented at the HCII 2015 conferences was carefully reviewed and selected from 4843 submissions. These papers address the latest research and development efforts and highlight the human aspects of design and use of computing systems. The papers 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 papers included in this volume are organized in the following topical sections: mobile interaction and smart devices; social media; HCI in business and innovation; learning technologies; HCI in health; assistive technologies and environments; fitness and well-being applications; location and context awareness; urban interaction; automotive and aviation; design and user studies.

City Sustainability and Regeneration S. Mambretti,J. L. Miralles i Garcia,2020-04-28 A set of new studies are included in this volume which provides solutions that lead towards sustainability. Contributions originate from a diverse range of researchers, resulting in a variety of topics and experiences. Urban areas face a number of challenges related to reducing pollution, improving main transportation and infrastructure systems and these challenges can contribute to the development of social and economic imbalances and require the development of new solutions. The challenge is to manage human activities, pursuing welfare and prosperity in the urban environment, whilst considering the relationships between the parts and their connections with the living world. The dynamics of its networks (flows of energy matter, people, goods, information and other resources) are fundamental for an understanding of the evolving nature of today's cities. Large cities represent a productive ground for architects, engineers, city planners, social and political scientists able to conceive new ideas and time them according to technological advances and human requirements. The multidisciplinary components of urban planning, the challenges presented by the increasing size of cities, the amount of resources required and the complexity of modern society are all addressed.

Handbook of Research on Holistic Perspectives in Gamification for Clinical Practice Novák, Daniel,2015-09-14 Over the past decade, the healthcare industry has adopted games as a powerful tool for promoting personal health and wellness. Utilizing principles of gamification to engage patients with positive reinforcement, these games promote stronger attention to clinical and self-care guidelines, and offer exciting possibilities for primary prevention. Targeting an audience of academics, researchers, practitioners, healthcare professionals, and even patients, the Handbook of Research on Holistic Perspectives in Gamification for Clinical Practices reviews current studies and empirical evidence, highlights critical principles of gamification, and fosters the increasing application of games at the practical, clinical level.

Point-of-care Glucose Detection for Diabetic Monitoring and Management Sandeep Kumar Vashist,John H.T Luong,2017-01-12 This book unravels the role of Point-of-Care (POC) glucose monitoring as an essential part of diabetes management. It provides the reader with an in-depth knowledge and understanding of diabetes management, including: the need for POC glucose monitoring the glucose detection technologies (invasive, noninvasive and continuous) being used in the POC devices the analytical performance, characteristics, pros and cons of the POC devices developed to date the importance and role of glycated hemoglobin (HbA1c) monitoring for diabetes management the various POC devices and analyzers for the determination of HbA1c. This is the first book to provide complete up-to-date information on POC glucose detection technologies and devices for diabetic monitoring and management. It will be an important reference for healthcare professionals, biomedical engineers, researchers, economists and policy makers. This book also serves as an asset and teaching aid for professionals and researchers in diabetic monitoring and management.

Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) Jason R. Rich,2015-09-09 Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. You'll learn how to use Apple's new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout

equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Que's Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to: • Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals • Define achievable goals, and use your iPhone and Apple Watch to work toward them • Use the built-in Health app to collect, view, analyze, store, or share health and fitness data • Customize your Apple Watch to display fitness information whenever you want it • Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone • Discover great tracking and performance tools for cyclists, runners, and walkers • Track what you eat, and become more mindful about nutrition • Discover mind/body tools for improving focus and reducing stress • Monitor your sleep patterns, sleep better, and consistently wake up more rested • Reinforce your motivation with apps, accessories, and music • Set up Medical ID to provide life-saving medical information in an emergency • Make the most of Apple's Activity and Workout apps

Advances on Broad-Band Wireless Computing, Communication and Applications Leonard Barolli,Peter Hellinckx,Tomoya Enokido,2019-10-18 This proceedings book presents the latest research findings, innovative research results, methods and development techniques related to the emerging areas of broadband and wireless computing, from both theoretical and practical perspectives. Today's information networks are going through a rapid evolution. Different kinds of networks with different characteristics are emerging, and are being integrated into heterogeneous networks. As a result, there are numerous interconnection problems that can occur at different levels of the hardware and software design of communicating entities and communication networks. Such networks need to manage an increasing usage demand, provide support for a significant number of services, guarantee their QoS, and optimize the network resources. The success of all-IP networking and wireless technology has changed the way of living for people around the globe. Advances in electronic integration and wireless communications will pave the way to offering access to wireless networks on the fly, which in turn will allow electronic devices to share information with each other wherever and whenever necessary.

Web Information Systems and Technologies Alessandro Bozzon,Francisco José Domínguez Mayo,Joaquim Filipe,2020-11-02 This book constitutes revised selected papers from the 15th International Conference on Web Information Systems and Technologies, WEBIST 20109 held in Vienna, Austria, in September 2019. The 10 full papers presented in this volume were carefully reviewed and selected from originally 87 paper submissions. They contribute to the understanding of relevant trends of current research on Web Information Systems and Technologies, including Big Data and Connected Services; Web Performance; Context-aware and Adaptive Web Applications; Human Robot Collaboration and Multi-Agent Systems; Web Application Operating Systems and Platforms; Social Media Advertising and Enhancing Purchase Intentions; Natural Language Query Interfaces and Semantic Web; and Human-computer Interaction and Dynamic Web Pages.

Proceedings of the 4th International Conference on Progressive Education 2022 (ICOPE 2022) Ryzal Perdana,Sunyono,Gede Eka Putrawan,Trio Yuda Septiawan,Bayu Saputra,2023-05-27 This is an open access book.Fostering Synergy and Innovation in Digital Learning EnvironmentsThe 4th ICOPE 2022 is an international conference in education with the theme of fostering synergy and innovation in digital learning environments. It is organized by the faculty of teacher training and education, at the University of Lampung, Indonesia. Bandar Lampung, the capital city of Lampung Province, will be the host of this event. It will be taken place on the 15th — 16th of October 2022. This conference involves keynote speakers from Indonesia, USA, Malaysia, and Australia. It is intended to be a forum to convey specific alternatives and significant breakthroughs in rapid social development. Therefore, this event aims to kindly appeal to scholars, academics, researchers, experts, practitioners, and university students to take part and share outlooks, experiences, research findings, and recent trends of research in the milieu of education. In doing so, it is expected that attendees can gain advanced understanding and insights into offering solutions to problems. The 4th ICOPE 2022 invites and welcomes you to submit your works on various topics related to the Scope of the Conference. All submitted abstracts and papers will undergo a blind peer-review process to ensure their quality, relevance, and originality. After carrying the burden coming from Covid-19 and its dynamic, it tremendously needs to adjust various social aspects, especially from an education perspective. This term covers a broad spectrum concerning numerous dimensions of social life at individual, group, nation-state, regional, and global levels. Therefore, adapting process insists on the seriousness of the global community to cooperate within the unpredictable complexities.

Human-Computer Interaction. Applications and Services Masaaki Kurosu,2014-06-09 The 3-volume set LNCS 8510, 8511 and 8512 constitutes the refereed proceedings of the 16th International Conference on Human-Computer Interaction, HCII 2014, held in Heraklion, Crete, Greece in June 2014. The total of 1476 papers and 220 posters presented at the HCII 2014 conferences was carefully reviewed and selected from 4766 submissions. These papers address the latest research and development efforts and highlight the human aspects of design and use of computing systems. The papers 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.

Social Computing and Social Media. Design, Ethics, User Behavior, and Social Network Analysis Gabriele Meiselwitz,2020-07-10 This two-volume set LNCS 12194 and 12195 constitutes the refereed proceedings of the 12th International Conference on Social Computing and Social Media, SCSM 2020, held as part of the 22nd International Conference, HCI International 2020, which was planned to be held in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. The total of 1439 papers and 238 posters have been accepted for publication in the HCII 2020 proceedings from a total of 6326 submissions. SCSM 2020 includes a total of 93 papers which are organized in topical sections named: Design Issues in Social Computing, Ethics and Misinformation in Social Media, User Behavior and Social Network Analysis, Participation and Collaboration in Online Communities, Social Computing and User Experience, Social Media Marketing and Consumer Experience, Social Computing for Well-Being, Learning, and Entertainment.

Nanobiosensors Aiguo Wu,Waheed S. Khan,2020-06-02 Containing cutting edge research on the hot topic of nanobiosensor, this book will become highly read Biosensor research has recently re-emerged as most vibrant area in recent years particularly after the advent of novel nanomaterials of multidimensional features and compositions. Nanomaterials of different types and striking properties have played a positive role in giving the boost and accelerated pace to biosensors development technology. Nanobiosensors - From Design to Applications covers several aspects of biosensors beginning from the basic concepts to advanced level research. It will help to bridge the gap between various aspects of biosensors development technology and applications. It covers biosensors related material in broad spectrum such as basic concepts, biosensors & their classification, biomarkers & their role in biosensors, nanostructures-based biosensors, applications of biosensors in human diseases, drug detection, toxins, and smart phone based biosensors. Nanobiosensors - From Design to Applications will prove a source of inspiration for research on biosensors, their local level development and consequently using for practical application in different industries such as food, biomedical diagnosis, pharmaceutics, agriculture, drug discovery, forensics, etc. * Discusses the latest technology and advances in the field of nanobiosensors and their applications in human diseases, drug detection, toxins * Offers a broad and comprehensive view of cutting-edge research on advanced materials such as carbon materials, nitride based nanomaterials, metal and metal oxide based nanomaterials for the fast-developing nanobiosensors research * Goes to a wide scientific and industry audience Nanobiosensors - From Design to Applications is a resource for polymer chemists, spectroscopists, materials scientists, physical chemists, surface chemists, and surface physicists.

Best Practices and New Perspectives in Service Science and Management Ordóñez de Pablos, Patricia,2013-04-30 Within global commerce, services and management play a vital role in the economy. Service systems are necessary for organizations, and a multi-disciplinary approach is ideal to establish full understanding of these systems. Best Practices and New Perspectives in Service Science and Management provides

original research on all aspects of service science, service management, service engineering, and its supporting technology in order to administer cutting-edge knowledge to encourage the improvement of services. This book is essential for researchers and practitioners in the fields of computer science, software management, and engineering.

Network Design And Optimization For Smart Cities Pardalos Panos M,Gakis Konstantinos,2017-05-03 This comprehensive reference text is a collection of important research findings on the latest developments in network modeling for optimization of smart cities. Such models can be used from outlining the fundamental concepts of urban development to the description and optimization of physical networks, such as power, water or telecommunications. Networks help us understand city economics and various aspects of human interactions within cities with particular applications in quality of life and the flow of people and goods. Finally, the natural environment and even the climate of cities can be modeled and managed as networks.

Die Zukunft der Datenökonomie Carsten Ochs,Michael Friedewald,Thomas Hess,Jörn Lamla,2019-08-23 Digitale Daten gelten sowohl als Quelle für Wirtschaftswachstum, Innovation und Arbeitsplätze wie auch als Treiber der datenbasierten Reorganisation praktisch aller gesellschaftlichen Bereiche („Datafizierung"). Die datenökonomisch befeuerten Transformationsprozesse des Sozialen werfen dementsprechend vielfältige Fragen auf: Welche Daten sollen von wem wie verwertbar sein? Wie lässt sich legitime Verfügungsmacht gestalten? Usw. Der Band behandelt diese Fragen aus interdisziplinärer Perspektive.

Shaping the Digital Enterprise Gerhard Oswald,Michael Kleinemeier,2016-09-26 This book sheds light on cross-industry and industry-specific trends in today's digital economy. Prepared by a group of international researchers, experts and practitioners under the auspices of SAP's Digital Thought Leadership & Enablement team within SAP's Business Transformation Services (BTS) unit, the book furthermore presents relevant use cases in digital transformation and innovation. The book argues that breakthrough technologies have matured and hit scale together, enabling five defining trends: hyper-connectivity, supercomputing, cloud computing, a smarter world, and cyber security. It presents in detail how companies are now reimagining their products and services, business models and processes, showcasing how every business today is a digital business. Digitalization, defined as the process of moving to a digital business, is no longer a choice but an imperative for all businesses across all industries and regions. Taking a step toward becoming a digital enterprise is demanding and challenging. The dimensions of customer centricity, leadership and strategy, business models, including offerings (products and services), processes, structure and governance, people and skills, culture, and technology foundation can serve as orientation for digitalization. The articles in this book touch on all dimensions of this digital innovation and transformation framework and offer possible answers to some of the pressing questions that arise when practitioners seek to digitalize their business.

Serious Games Heinrich Söbke,Pia Spangenberger,Philipp Müller,Stefan Göbel,2022-09-15 This book constitutes the refereed proceedings of the 8th Joint International Conference on Serious Games, JCSG 2022, held in Weimar, Germany, in September 2022. The 14 full papers presented together with 5 short papers were carefully reviewed and selected from 31 submissions. JSCG 2022 is dedicated to serious games and its interdisciplinary characteristics combining game concepts and technologies required in the different application domains. This year's proceedings are categorized into the following topical sub-headings: Learning Psychology, Design Aspects, Game Design, Health Games, Games Application, and Mixed Reality.

101 Apple Watch: Apps for Productivity, Athletes, and Professionals Steve Markelo,2015-06-18 The Apple Watch is an amazing device that offers great functionality to persons in different spheres of daily life. The watch was released in April 2015 and introduced amazing technology to the market in the form of wearable technology. The device is a great choice for athletes and professionals, essentially persons who love productivity and efficiency. It is made to operate closely with the iPhone device to share common tasks and increase the efficiency between devices. For persons on the go, the balance of functions between the watch and the phone helps to increase their output as there is minimal time wasting to get something accomplished quickly. This is mainly due to the ease of having an effective device convenient on your wrist. This eBook will cover 101 of the top Apple Watch applications that speaks to true productivity relating to professionals and athletes.

The book delves into Runtastix. Runtastix is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Runtastix, encompassing both the fundamentals and more intricate discussions.
1. This book is structured into several chapters, namely:

    - Chapter 1: Introduction to Runtastix
    - Chapter 2: Essential Elements of Runtastix
    - Chapter 3: Runtastix in Everyday Life
    - Chapter 4: Runtastix in Specific Contexts
    - Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Runtastix. The first chapter will explore what Runtastix is, why Runtastix is vital, and how to effectively learn about Runtastix.
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4. In chapter 3, the author will examine the practical applications of Runtastix in daily life. The third chapter will showcase real-world examples of how Runtastix can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Runtastix in specific contexts. The fourth chapter will explore how Runtastix is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Runtastix. The final chapter will summarize the key points that have been discussed throughout the book.
    The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Runtastix.

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