MyFitnessPal

Megan Chavez

Effects of a Nutritional Intervention on Dietary Intake in Female Collegiate Athletes Megan Chavez,2015 Much research has reported that female collegiate athletes eat poorly. The purpose of this study was to (1) investigate if there was a difference in macronutrient intake between collegiate female soccer players based on the intervention of registered dietician facilitated nutritional sessions and (2) investigate the athlete's nutritional intake in comparison to AMDR and relative macronutrient recommendations. Female players were recruited from two collegiate soccer teams and placed in either the experimental group or the control group. The intervention was given to the experimental group and was administered by a registered dietician. The participants recorded their nutrient intake on a mobile application, MyFitnessPal[trademark] every day of the week for six weeks. Repeated measures analysis of variance was ran to determine the any difference between the two groups over time for the macronutrients investigated. There was no significant difference was found between the groups and carbohydrates ($F(2,38) = 3.049$, $p=.06$), protein ($F(2,39) = .921$, $p=.408$), and fat ($F(2,44) = 1.209$, $p=.313$). Further investigation into the data showed in reference to the AMDR the participants fell within their recommended ranges; carbohydrates 45-65%, protein10-35% and fat 20-35%. However, their caloric intake overall fell below 2,100 calories on average. The participant's data was investigated in reference to their relative nutrient recommendations and results showed none of the participants met their recommendations for carbohydrates (7-10g/kg) and 27% met their recommendations for protein (1.2-1.4g/kg). Therefore, although there was no significant support that the registered dietician had an effect on the nutrient intake of the participants, results do show support for the current literature that articulates the insufficient nutritional intake of female collegiate athletes--Leaf iv.

Fitbit For Dummies Paul McFedries,2019-07-11 Take a complete tour of the Fitbit ecosystem From Fitbit features to the Fitbit app to the social features of Fitbit.com, this approachable book covers everything you need to know to get the most out of your Fitbit wristband or watch. Whether you're a fitness newcomer, a regular walker, or a long-time exerciser, your Fitbit is a powerful device that can tell you much more than how many steps you take each day. This book offers easy-to-follow, step-by-step instructions for tracking all that data and getting the most out of your Fitbit investment. Go beyond steps to track sleep, heart rate, weight, and more Set up your health and fitness goals – then go for them! Connect to third-party apps such as Strava and Weight Watchers Stay motivated by sharing your activities with friends It's one thing to simply wear your Fitbit, but it's quite another to use your Fitbit to reach your personal health goals. Whether that goal is to get fit, lose weight, eat better, or reduce stress, your Fitbit has settings and features that can help you get there. And this book shows you how!

Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps Sen, Devjani,Ahmed, Rukhsana,2020-08-07 Health and fitness apps collect various personal information including name, email address, age, height, weight, and in some cases, detailed health information. When using these apps, many users trustfully log everything from diet to sleep patterns. However, by sharing such personal information, end-users may make themselves targets to misuse of this information by unknown third parties, such as insurance companies. Despite the important role of informed consent in the creation of health and fitness applications, the intersection of ethics and information sharing is understudied and is an often-ignored topic during the creation of mobile applications. Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps is a key reference source that provides research on the dangers of sharing personal information on health and wellness apps, as well as how such information can be used by employers, insurance companies, advertisers, and other third parties. While highlighting topics such as data ethics, privacy management, and information sharing, this publication explores the intersection of ethics and privacy using various quantitative, qualitative, and critical analytic approaches. It is ideally designed for policymakers, software developers, mobile app designers, legal specialists, privacy analysts, data scientists, researchers, academicians, and upper-level students.

Use Your Smartphone to Lose Weight Jerry Dugan,2014-01-02 This eBook is ideal for that busy person who is serious about making a lifestyle change, but doesn't have time or money for a gym or personal trainer. Use Your Smartphone to Lose Weight shares Jerry Dugan's strategy of using smartphone apps to hold himself accountable as he made lasting habit changes needed to create a healthy lifestyle. Readers of this book will learn about app features they may not have considered, and gain insights on the slow and steady strategy Dugan applied to reach his own success, 56 pounds lost in 6 months.

Teaching Social Media Liz Kirchhoff,2014-08-26 Librarians who want to begin, expand, or improve their programs on teaching social media to adults and teens will find this guide invaluable. Sharing social media expertise with library clientele is a natural way for libraries to support their communities—and increase their relevance. This book provides a roadmap for librarians who wish to offer this service but need to brush up on their own social media skills or learn how to cover the topics in a classroom situation. Although there are many books on social media, this volume is unique because it presents complete teaching scripts that can be adapted for

various classroom situations along with general guidelines and tips. You'll find general advice on social media as well as suggestions for getting support for the program, creating a syllabus tailored to community needs, and planning class format and logistics. Entire chapters cover Twitter, Facebook, LinkedIn, Foursquare, Pinterest, Yelp, and Google+, explaining how these sites work and how to use them to your advantage, as well as some of the privacy and safety concerns surrounding them and how they are trending. Class variations such as Twitter for Business and How to Plan Your Trip Online are also discussed, as are other classes to consider—for example, Tumblr and Instagram—and how to develop them.

Health Trackers Richard MacManus,2015-08-01 A new industry is growing around the tracking of health and fitness through various gadgets, apps, and programs. These new ways of monitoring our every move, however, may not be well understood even by those who use them, and yet they may be revolutionizing the health and wellness industries. This book makes sense of the various tracking devices and illustrates how they work for us and our overall health.

My Health Technology for Seniors Lonzell Watson,2016-02-29 A 2017 National Health Information Award Best in Show Winner My Health Technology for Seniors is the first easy guide to today's revolutionary health technologies. Learn to use your computer, smartphone, and other devices to manage your health and get help when you need it. Whether it's sleep, exercise, diet, heart health, diabetes, or asthma, this book shows you how to stay healthier, happier, and in charge of your life. With step-by-step instructions, full-color screen shots, and an easy-to-read design, this shows you how to: • Succeed at eating right and staying fit with help from new technologies that are fun and easy • Sleep better and manage stress more effectively • Manage chronic conditions and save money on medications and costly medical procedures • Transform your smartphone into a powerful glucose monitor, blood pressure monitor, and medication usage tracker for asthma and COPD management • Track, protect, and improve your heart health • Use in-home technology to stay safer and prepare for emergencies • Get valuable advice and support from online communities • Choose online health resources you can trust • And much more This book is the recipient of a 2017 National Mature Media Award. These awards recognize the nation's finest marketing, communications, educational materials, and programs designed and produced for older adults.

Between Empowerment and Manipulation Marijn Sax,2021-09-28 Popular health apps are commercial services. Despite the promise of empowerment they offer, the tensions introduced by their data-driven, dynamically adjustable digital environments engender a potential for manipulation to which their designers and operators can easily succumb. In this important book, the author develops an ethical framework to evaluate the commercial practices of for-profit health apps, proceeding to a detailed proposal of how to legally address the exploitation, for financial gain, of users' need for health. Focusing on the intricate tracking of users over time, coupled with the possibility to personalize the environment based on knowledge gained from tracking, the book's in-depth analysis of popular for-profit health apps engages with such particulars as the following: the strategic framing of health in health apps; the cultural tendency to presume we are unhealthy until we have proven we are healthy; the key concepts of autonomy, vulnerability, trust, and manipulation; how health apps develop ongoing profitable relationships with users; and use of misleading and aggressive commercial practices. The author argues that the European Union's Unfair Commercial Practices Directive, when informed by ethical considerations, offers promising legal solutions to the manipulation concerns raised by popular for-profit health apps. The book will be welcomed not only for its incisive scrutiny of the health app phenomenon but also for the light it sheds on the wider problems inherent in the digital society—what digital environments know about their users, how they use that knowledge, and for which purpose. Its progress from an ethical approach to legal solutions will recommend the book to lawyers concerned with business practices, human resources professionals, policymakers, and academics interested in the intersection of ethics and law.

Making the Healthcare Shift Scott M. Davis,Jeff Gourdji,2018-11-06 Making the Healthcare Shift is a practical guide for healthcare leaders across the globe who have the fortitude to transform their organizations to both compete and win in the age of healthcare consumerism. Healthcare organizations finally have both the motive and means to engage and empower consumers. While healthcare organizations have recognized the need to change, they often don't know where or how to begin. As the industry sits on the edge of transformation, marketing strategists, Scott Davis and Jeff Gourdji, reveal how traditional healthcare organizations (payers, providers, pharma companies) can prepare for the changes to come and re-invent how they engage with consumers. Making the Healthcare Shift includes over 60 executive interviews with the biggest names in healthcare and a quantitative research study. Some of these names include Mayo Clinic, Blue Cross Blue Shield plans, and Pfizer. Scott and Jeff identify five shifts organizations can make to better compete and win in this evolving landscape and offer practical advice on how to make those shifts become a reality.

Social Ankit Fadia,2014-07-11 From the bestselling author of Faster: 100 Ways to Improve Your Digital Life This time Ankit Fadia expands his expertise beyond computers and digital devices. He gives away technology tips and general advice on how you can enhance your professional life. This book includes applications that help plan your day, communicate effectively and manage finances. • Does your resume have trouble getting

noticed? • What's the most effective way to do your homework on people before you meet them? • How can an app help you get more out of conferences? • Can de-cluttering your Inbox really save you a lot of time? • How to get more work done on flights? • Should you hire a public relations firm? Social puts you on the path that takes you being an employee to creating your own personal brand.

Recent Developments in Intelligent Information and Database Systems Dariusz Król,Lech Madeyski,Ngoc Thanh Nguyen,2016-03-15 The objective of this book is to contribute to the development of the intelligent information and database systems with the essentials of current knowledge, experience and know-how. The book contains a selection of 40 chapters based on original research presented as posters during the 8th Asian Conference on Intelligent Information and Database Systems (ACIIDS 2016) held on 14–16 March 2016 in Da Nang, Vietnam. The papers to some extent reflect the achievements of scientific teams from 17 countries in five continents. The volume is divided into six parts: (a) Computational Intelligence in Data Mining and Machine Learning, (b) Ontologies, Social Networks and Recommendation Systems, (c) Web Services, Cloud Computing, Security and Intelligent Internet Systems, (d) Knowledge Management and Language Processing, (e) Image, Video, Motion Analysis and Recognition, and (f) Advanced Computing Applications and Technologies. The book is an excellent resource for researchers, those working in artificial intelligence, multimedia, networks and big data technologies, as well as for students interested in computer science and other related fields.

Encyclopedia of Information Science and Technology, Fifth Edition Khosrow-Pour D.B.A., Mehdi,2020-07-24 The rise of intelligence and computation within technology has created an eruption of potential applications in numerous professional industries. Techniques such as data analysis, cloud computing, machine learning, and others have altered the traditional processes of various disciplines including healthcare, economics, transportation, and politics. Information technology in today's world is beginning to uncover opportunities for experts in these fields that they are not yet aware of. The exposure of specific instances in which these devices are being implemented will assist other specialists in how to successfully utilize these transformative tools with the appropriate amount of discretion, safety, and awareness. Considering the level of diverse uses and practices throughout the globe, the fifth edition of the Encyclopedia of Information Science and Technology series continues the enduring legacy set forth by its predecessors as a premier reference that contributes the most cutting-edge concepts and methodologies to the research community. The Encyclopedia of Information Science and Technology, Fifth Edition is a three-volume set that includes 136 original and previously unpublished research chapters that present multidisciplinary research and expert insights into new methods and processes for understanding modern technological tools and their applications as well as emerging theories and ethical controversies surrounding the field of information science. Highlighting a wide range of topics such as natural language processing, decision support systems, and electronic government, this book offers strategies for implementing smart devices and analytics into various professional disciplines. The techniques discussed in this publication are ideal for IT professionals, developers, computer scientists, practitioners, managers, policymakers, engineers, data analysts, and programmers seeking to understand the latest developments within this field and who are looking to apply new tools and policies in their practice. Additionally, academicians, researchers, and students in fields that include but are not limited to software engineering, cybersecurity, information technology, media and communications, urban planning, computer science, healthcare, economics, environmental science, data management, and political science will benefit from the extensive knowledge compiled within this publication.

Metric Culture Btihaj Ajana,2018-09-24 Data and metrics play an unmistakably powerful role in today's society. Over the years, their use has expanded to cover almost every sphere of everyday life. This book provides a critical investigation into what we can call a "metric culture" in which practices of self-tracking and quantification have become more popular than ever before.

Health Apps, Genetic Diets and Superfoods Tina Sikka,2023-02-23 This book critically examines contemporary health and wellness culture through the lens of personalization, genetification and functional foods. These developments have had a significant impact on the intersecting categories of gender, race, and class in light of the increasing adoption of digital health and surveillance technologies like MyFitnessPal, Lifesum, HealthyifyMe, and Fooducate. These three vectors of identity, when analysed in relation to food, diet, health, and technology, reveal significant new ways in which inequality, hierarchy, and injustice become manifest. In the book, Tina Sikka argues that the corporate-led trends associated with health apps, genetic testing, superfoods, and functional foods have produced a kind of dietary-genomic-functional food industrial complex. She makes the positive case for a prosocial, food secure, and biodiverse health and food culture that is rooted in community action, supported by strong public provisioning of health care, and grounded in principles of food justice and sovereignty.

Instructional Design Exemplars in eHealth and mHealth Education Interventions Tamim, Suha R.,2022-03-18 The use of eHealth and mHealth interventions for health promotion, health professional education, and health professional support is on the rise. They have a significant potential for learning through their wide reach, ability to tailor to specific needs, and facilitation of engagement, interactivity, and collaboration. Although eHealth and mHealth interventions are invested in quality and effectiveness, they vary in their use of theory and instructional design principles based on the perspectives of the disciplines that can influence their work. Instructional Design Exemplars in eHealth and mHealth Education Interventions showcases design exemplars of eHealth and mHealth interventions in health promotion and in education and support of health professionals. These

exemplars demonstrate the integration of theory and design principles that benefit health professionals and health education. Covering topics such as healthcare access, instructional technology, and diverse learning experiences, this book is a dynamic resource for health professionals, instructional designers, educators, researchers, hospital administrators, policymakers, researchers, and academicians.

Journal of Interdisciplinary Science Topics, Volume 7 Cheryl Hurkett,2018-05-18 The Journal of Interdisciplinary Science Topics (JIST) forms part of the 'Interdisciplinary Research Journal' module in the third year of both the BSc and MSci Natural Science degrees. It is intended to provide students with hands-on experience of, and insight into, the academic publishing process. The activity models the entire process from paper writing and submission, refereeing other students' papers, sitting on the editorial board that makes final decisions on the papers, to finally publishing in an online journal. This book is a compilation of the papers written by undergraduate students that were published during the 2017/2018 academic year.

Weight Loss Apps Kelsey Alexandra Gatto,2016

High Protein Recipes Amber White,2022-03-08 This book contains over 50 high-protein recipes for breakfast, lunch, dinner, and snacks. It has optional meal planners and weekly grocery lists, along with gluten-free, dairy-free, vegetarian, and vegan options. For easy macro/nutrition tracking, it is My Fitness Pal friendly….a scan code is included for every recipe! It's available for immediate digital PDF download and has lifetime access.

Calorie Counting Made Easy Alykhan Gulamali,2016-03-06 This is not a calorie counting journal. This book DOES NOT contain lists of foods and their calories. Are you tired of trying-and failing-to lose weight over and over again? Are you frustrated by fad diets that control what and when you can eat? Do you wish getting to your goal weight could be easier and less time consuming? What if I told you that there was a proven system to lose weight, that it would take you less than five minutes a day, and that you wouldn't have to give up your favorite foods? It sounds too good to be true, but it's not. And it's not some crazy new diet, either. What is this magic bullet? Good old-fashioned calorie counting. Regardless of what many diet gurus will tell you, the one thing that really matters if you want to shed unwanted pounds is keeping calories in below calories out. It's as simple as that. And with programs like MyFitnessPal to help you track your food and exercise, counting calories has never been easier. In Calorie Counting Made Easy, you will learn why calorie counting is all you need for effective loss weight loss. We'll help you set reasonable weight loss goals and teach you how to track your food and log your exercise on MyFitnessPal. Our step-by-step instructions leave nothing to chance. You'll also get shortcuts to make calorie counting simple and quick. Along with tips for feeling full on fewer calories, you'll have everything you need to finally reach your weight loss goals! Stop forcing yourself to follow a strict diet that controls what and how you eat. Eat the foods you like in reasonable quantities and watch the weight come off. Calorie Counting Made Easy has everything you need to get there.

NSCA's Guide to Sport and Exercise Nutrition NSCA -National Strength & Conditioning Association,Bill Campbell,2020-10-07 NSCA's Guide to Sport and Exercise Nutrition, Second Edition, presents valuable foundational information on the effects that nutrition has on performance, health, and body composition. Whether you work with fitness enthusiasts or competitive athletes, this resource will help you understand and apply scientific findings so that you can assess an individual's nutrition status and—if it falls within your scope of practice—develop customized nutrition plans. Developed by the National Strength and Conditioning Association (NSCA) with contributions from 13 experts in the areas of nutrition and human performance, and subjected to an intensive peer-review process, this authoritative resource covers all aspects of food selection, digestion, metabolism, and hydration relevant to sport and exercise performance. This second edition brings several contemporary sport nutrition issues to the forefront, including recent developments in relative energy deficiency in sport (RED-S), research related to carbohydrate mouth rinsing, the role of popular dietary supplements, preworkout supplements, and the use of protein and amino acids in improving aerobic endurance, strength, and power. Examine the topic of energy balance and the implications of undereating and overeating. Learn to use popular software and smartphone apps to assess nutrition status. Understand what macronutrients are and how they are metabolized, stored, and oxidized for energy. Use science-based recommendations for using macronutrients, micronutrients, and hydration to improve aerobic, anaerobic, and strength-based performance. Finally, use cutting-edge findings on nutrient timing based on the type, intensity, and duration of activity to help you understand how to recommend the correct nutrients at the ideal time to achieve optimal performance results. NSCA's Guide to Sport and Exercise Nutrition includes professional application sections to draw the connection between research and its practical implementation. Sidebars emphasize important topics, and reproducible forms (a food log, brief nutrition assessment, and goal-setting questionnaire) can be copied and shared. A running glossary keeps key terms at your fingertips, and extensive references within the text offer starting points for your continued study and professional enrichment. Each client and athlete can benefit from a customized diet tailored to the frequency, intensity, duration, and specificity of their training and demands of the sport or activity. With NSCA's Guide to Sport and Exercise Nutrition, you will get an in-depth understanding of how food and sport supplements can enhance exercise and sport performance for optimal training, competition, and recovery. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

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