

RunKeeper

Allen Taylor

Digital Marketing Annmarie Hanlon,2021-12-15 An unbiased, balanced guide to all aspects of digital marketing, from social media, mobile and VR marketing to objectives, metrics and analytics. Covering all aspects of digital marketing planning and the latest models, the book also offers a range of tools to help implement your own digital marketing plans and strategies. The second edition has been expanded to include new discussions and research on areas including digital privacy, types of influencers, social listening and the gig economy. Key features: Supported by case examples from 28 global companies and brands including IKEA, Uber, Klarna and TikTok. A brand-new case study on Strava runs throughout the book to help you apply what you've learnt to real-world scenarios. 'Ethical Insight' boxes provide a reflective and challenging look at social issues and the negative side of marketing. 'Digital Tool' boxes introduce professional tools, such as 'Spot the Troll', Hootsuite and Padlet. The 'Smartphone Sixty Seconds' feature provides super-quick online activities using needing only your phone. Includes a new 'Journal of Note' feature in each chapter, to direct you to a key source of further reading. Worked digital marketing plan. Complimented by online resources, including PowerPoint slides, and Instructor's Manual, quizzes, recommended video links and free SAGE Journal articles. Suitable for digital and e-marketing courses at all levels, as well as professional courses for anyone interested in gaining a holistic understanding of digital marketing.

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 and 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.

Android 3 SDK Programming For Dummies Rajiv Ramnath,2011-09-23 Get quickly up to speed with the latest Android SDK Aimed at object oriented programmers, this straightforward-but-fun book serves as the most efficient way to understand Android, update an existing Android application, port a mobile application from another environment, or simply learn the ins and outs of the latest Android SDK. Packed with all the code and modules featured throughout, this guide also includes tutorials, tests, and project ideas. The authors forego the unnecessary repetition of material you already know and instead cut straight to the essentials such as interacting with hardware, getting familiar with the operating system, and networking. You'll walk through the process of designing, building, running, and debugging the application while you also learn Android best practices. Demonstrates a wide variety of Android features, including user interface design, application management, data and content management, and incorporating external services Organizes the many packages of the Android SDK by functionality and details which standards and features are appropriate for each level of the Android SDK Explains the new features of the latest Android SDK with examples and snippets that demonstrate how to effectively incorporate the features into new or existing applications Features all programming examples, including the sample application, on the companion web site Android 3 SDK Programming For Dummies is written in clear, plain English to help you quickly understand and program the latest Android SDK.

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

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.

Step by Step Solution to Your Computer Problems Dr. Ashad Ullah Qureshi, 2022-06-01 Step by Step Solution to Your Computer Problems

PostGIS Cookbook Mayra Zurbarán, Thomas Kraft, Stephen Vincent Mather, Bborie Park, Pedro Wightman, 2018-03-28 Create and manage spatial data with PostGIS Key Features Import and export geographic data from the PostGIS database using the available tools Maintain, optimize, and fine-tune spatial data for long-term viability Utilize the parallel support functionality that was introduced in PostgreSQL 9.6 Book Description PostGIS is a spatial database that integrates the advanced storage and analysis of vector and raster data, and is remarkably flexible and powerful. PostGIS provides support for geographic objects to the PostgreSQL object-relational database and is currently the most popular open source spatial databases. If you want to explore the complete range of PostGIS techniques and expose related extensions, then this book is for you. This book is a comprehensive guide to PostGIS tools and concepts which are required to manage, manipulate, and analyze spatial data in PostGIS. It covers key spatial data manipulation tasks, explaining not only how each task is performed, but also why. It provides practical guidance allowing you to safely take advantage of the advanced technology in PostGIS in order to simplify your spatial database administration tasks. Furthermore, you will learn to take advantage of basic and advanced vector, raster, and routing approaches along with the concepts of data maintenance, optimization, and performance, and will help you to integrate these into a large ecosystem of desktop and web tools. By the end, you will be armed with all the tools and instructions you need to both manage the spatial database system and make better decisions as your project's requirements evolve. What you will learn Import and export geographic data from the PostGIS database using the available tools Structure spatial data using the functionality provided by a combination of PostgreSQL and PostGIS Work with a set of PostGIS functions to perform basic and advanced vector analyses Connect PostGIS with Python Learn to use programming frameworks around PostGIS Maintain, optimize, and fine-tune spatial data for long-term viability Explore the 3D capabilities of PostGIS, including LiDAR point clouds and point clouds derived from Structure from Motion (SfM) techniques Distribute 3D models through the Web using the X3D standard Use PostGIS to develop powerful GIS web applications using Open Geospatial Consortium web standards Master PostGIS Raster Who this book is for This book is for developers who need some quick solutions for PostGIS. Prior knowledge of PostgreSQL and spatial concepts would be an added advantage.

Innovation on Tap Eric B. Schultz, 2019-10-29 Innovation on Tap is the story of innovation in America told through the eyes of 25 entrepreneurs, from Eli Whitney and his cotton gin to Lin-Manuel Miranda and his Broadway smash, Hamilton. The stories illustrate the sweep and impact of innovation. From razor blades, insurance, and baseball to smart cities, online running communities, and cybersecurity, innovators across three centuries gather in an imaginary barroom to discuss the essential themes of entrepreneurship--Mechanization, Mass Production, Consumerism, Digitization, and Sustainability--while emphasizing and reemphasizing the importance of community to their success.

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

The Materiality of Interaction Mikael Wiberg, 2018-02-16 A new approach to interaction design that moves beyond representation and metaphor to focus on the material manifestations of interaction. Smart watches, smart cars, the Internet of things, 3D printing: all signal a trend toward combining digital and analog materials in design. Interaction with these new hybrid forms is increasingly mediated through physical materials, and therefore interaction design is increasingly a material concern. In this book, Mikael Wiberg describes the shift in interaction design toward material interactions. He argues that the “material turn” in human-computer interaction has moved beyond a representation-driven paradigm, and he proposes “material-centered interaction design” as a new approach to interaction design and its materials. He calls for interaction design to abandon its narrow focus on what the computer can do and embrace a broader view of interaction design as a practice of imagining and designing interaction through material manifestations. A material-centered approach to interaction design enables a fundamental design method for working across digital, physical, and even immaterial materials in interaction design projects. Wiberg looks at the history of material configurations in computing and traces the shift from metaphors in the design of graphical user interfaces to materiality in tangible user interfaces. He examines interaction through a material lens; suggests a new method and foundation for interaction design that accepts the digital as a design material and focuses on interaction itself as the form being designed; considers design across substrates; introduces the idea of “interactive compositions”; and argues that the focus on materiality transcends any distinction between the physical and digital.

Location Based Marketing For Dummies Aaron Strout, Mike Schneider, 2011-09-06 Explains location-based services, what your campaign should contain, how to launch it, and how to measure results. Reward your customers, build their loyalty, and let them help market your business.

Foundations of Augmented Cognition. Advancing Human Performance and Decision-Making through Adaptive Systems Dylan D. Schmorow, Cali M. Fidopiastis, 2014-06-07 This book constitutes the proceedings of the 8th International Conference on the Foundations of Augmented Cognition, AC 2014, held as part of HCI International 2014 which took place in Heraklion, Crete, Greece, in June 2014 and incorporated 14 conferences which similar thematic areas. HCII 2014 received a total of 4766 submissions, of which 1476 papers and 220 posters were accepted for publication after a careful reviewing process. 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 34 papers presented in the AC 2014 proceedings are organized in topical sections named: emotional and cognitive issues in augmented cognition; machine learning for augmented cognition; augmented cognition for learning and training and augmented cognition for health and rehabilitation.

Mobile e-Health Hannah R. Marston, Shannon Freeman, Charles Musselwhite, 2017-12-01 This multi-disciplinary collection of essays captures discussion, thinking and research surrounding the recent surge of interest in how technology can help us as we age. A wide range of topics are covered, from investigations in the use of technology to improve health and well-being, to examinations of digital gaming, mobile health apps and the quantified self in relation to an ageing population. From multi-disciplinary perspectives, this collection highlights the role of a more social approach to technology. As such, a variety of social research methods are used throughout the chapters. The benefits and issues with different approaches are highlighted both in terms of further research, but

also so the reader can judge the value of the research for themselves. This collection brings together the latest thinking and cutting edge contemporary research from leading thinkers and academics in the field of human computer interaction, health and gerontology. In taking a social approach, it highlights how technological practices fit within wider gerontological, political and cultural perspectives. It therefore has potential to influence those working in human computer interaction, digital humanities, sociology, psychology and gerontology. It can help change the practice of people working in the health and social care field, in computer and product design, and in the digital and creative industries.

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.

Mobilize Rana Sobhany, 2011-01-11 Provides information for developing applications for the iPhone, iPod Touch, and iPad and covers topics such as market research, design, and marketing.

Lose It! Charles Teague, Anahad O'Connor, 2010-12-21 The creators of the hit iPhone application outline the strategy's five components, counseling readers on such topics as making healthy food choices, understanding one's eating personality and establishing appropriate exercise practices. Original.

Universal Access in Human-Computer Interaction. Access to Today's Technologies Margherita Antona, Constantine Stephanidis, 2015-07-18 The four LNCS volume set 9175-9178 constitutes the refereed proceedings of the 9th International Conference on Learning and Collaboration Technologies, UAHCI 2015, held as part of the 17th International Conference on Human-Computer Interaction, HCII 2015, in Los Angeles, CA, USA in August 2015, jointly with 15 other thematically similar conferences. The total of 1462 papers and 246 posters presented at the HCII 2015 conferences were carefully reviewed and selected from 4843 submissions. These papers of the four volume set address the following major topics: LNCS 9175, Universal Access in Human-Computer Interaction: Access to today's technologies (Part I), addressing the following major topics: LNCS 9175: Design and evaluation methods and tools for universal access, universal access to the web, universal access to mobile interaction, universal access to information, communication and media. LNCS 9176: Gesture-based interaction, touch-based and haptic Interaction, visual and multisensory experience, sign language technologies, and smart and assistive environments LNCS 9177: Universal Access to Education, universal access to health applications and services, games for learning and therapy and cognitive disabilities and cognitive support and LNCS 9178: Universal access to culture, orientation, navigation and driving, accessible security and voting, universal access to the built environment and ergonomics and universal access.

Reality Mining Nathan Eagle, Kate Greene, 2014-08-08 A look at how Big Data can be put to positive use, from helping users break bad habits to tracking the global spread of disease. Big Data is made up of lots of little data: numbers entered into cell phones, addresses entered into GPS devices, visits to websites, online purchases, ATM transactions, and any other activity that leaves a digital trail. Although the abuse of Big Data—surveillance, spying, hacking—has made headlines, it shouldn't overshadow the abundant positive applications of Big Data. In Reality Mining, Nathan Eagle and Kate Greene cut through the hype and the headlines to explore the positive potential of Big Data, showing the ways in which the analysis of Big Data (“Reality Mining”) can be used to improve human systems as varied as political polling and disease tracking, while considering user privacy. Eagle, a recognized expert in the field, and Greene, an experienced technology journalist, describe Reality Mining at five different levels: the individual, the neighborhood and organization, the city, the nation, and the world. For each level, they first offer a nontechnical explanation of data collection methods and then describe applications and systems that have been or could be built. These include a mobile app that helps smokers quit smoking; a workplace “knowledge system”; the use of GPS, Wi-Fi, and mobile phone data to manage and predict traffic flows; and the analysis of social media to track the spread of disease. Eagle and Greene argue that Big Data, used respectfully and responsibly, can help people live better, healthier, and happier lives.

Software Engineering Perspectives in Computer Game Development Kendra M. L. Cooper, 2021-07-05 Featuring contributions from leading experts in software engineering, this edited book provides a comprehensive introduction to computer game software development. It is a complex, interdisciplinary field that relies on contributions from a wide variety of disciplines including arts and humanities, behavioural sciences, business, engineering, physical sciences, mathematics, etc. The book focuses on the emerging research at the intersection of game and software engineering communities. A brief history of game development is presented, which considers the shift from the development of rare games in isolated research environments in the 1950s to their ubiquitous presence in popular culture today. A summary is provided of the latest peer-reviewed research results in computer game development that have been reported at multiple levels of maturity (workshops, conferences, and journals). The core chapters of the book are devoted to sharing emerging research at the intersection of game development and software engineering. In addition, future research opportunities on new software engineering methods for games and serious educational games for software engineering education are highlighted. As an ideal reference for software engineers, developers, educators, and researchers, this book explores game development topics from software engineering and education perspectives. Key Features: Includes contributions from leading academic experts in the community Presents a current collection of emerging research at the intersection of games and software engineering Considers the interdisciplinary field from two broad perspectives: software engineering methods for game development and serious games for software engineering education Provides a snapshot of the recent literature (i.e., 2015-2020) on game development from software engineering perspectives

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