

# Runtastic Pushups Pro

Mike Simone

mHealth Multidisciplinary Verticals Sasan Adibi, 2014-11-21 An in-depth overview of the emerging concept; Mobile Health (mHealth), mHealth Multidisciplinary Verticals links applications and technologies to key market and vendor players. It also highlights interdependencies and synergies between various stakeholders which drive the research forces behind mHealth. The book explores the trends and directions where this vertical market is headed. Divided into nine sections, the book covers a number of multidisciplinary verticals within the field of mHealth such as: Preventive and curative medicine Consumer and patient-centric approaches Psychological, behavioral, and mental verticals Social perspectives Education, adoption, and acceptance Aged care and the aging population Regional, geographical, and public-health perspectives Technology implications Cloud applications The book collates emerging and diverse mHealth applications into a single resource. The result of extensive research, the book is a collaborative effort between experts from more than 20 countries, who have been carefully reviewed and selected by the team of reviewers. It takes a multidisciplinary approach to health informatics and provides a roadmap to current and future directions of mHealth.

**Smart Fitness** Claudio Gervasoni, 2013-07-05 L'uso dello smartphone e la pratica del fitness sono fenomeni in costante crescita in Italia: in media possediamo un cellulare e mezzo a testa, di cui oltre il 60% sono smartphone, e qualcosa come 33 milioni di italiani praticano, seppur in modo saltuario, qualche attività fisica per il proprio benessere. Il punto d'incontro tra questi due mondi sono le app per il fitness, ormai una vera e propria categoria a sé in ogni store: ce ne sono per ogni attività fisica e per ogni livello di preparazione. L'autore di questo libro, giornalista e collaboratore di riviste di fitness e hi-tech, le ha scaricate e testate una a una. Ne è nata una guida divisa per categorie di attività fisica, con preziosi consigli su come utilizzare al meglio le app per mantenersi in forma.

**Mobile Sensing in Psychology** Matthias R. Mehl, Michael Eid, Cornelia Wrzus, Gabriella M. Harari, Ulrich W. Ebner-Priemer, 2023-10-06 How can large-scale, real-time, and real-world data on people's behaviors, interactions, and environments improve psychological measurement, or lead to customized psychological interventions? Written expressly for social and behavioral scientists, this cutting-edge handbook describes the key concepts and tools of mobile sensing and explains how to plan and conduct a mobile sensing study. Renowned experts address the whats, whys, and how-tos of collecting big data using smartphones and other wearables, and explore which research questions can best be addressed with these tools. Modern statistical methods for analyzing mobile sensing data are described--for example, dynamic structural equation modeling, network modeling, and machine learning, including deep neural networks. The book includes best-practice research examples of applications in clinical psychology, aging, neuroscience, health, emotions, relationships, personality, the workplace, and other areas. Key methodological challenges and ethical/privacy issues are highlighted throughout.

**App-Marketing für iPhone und Android** Rafael Mroz, 2016-01-31 – Ideen nutzen und Apps effektiv konzipieren – Marketing planen, erfolgreich umsetzen und Kunden langfristig binden – Kennzahlen im App-Business und Tools zur Erfolgsmessung Ob iPhone oder Android – erst die Apps machen den Smartphone-Markt so erfolgreich. Jedoch reicht es heute nicht mehr aus, eine App einfach nur zu veröffentlichen und auf den Erfolg zu warten. Der Autor zeigt in diesem Buch alle wichtigen Stellschrauben, an denen Sie drehen müssen, um eine App erfolgreich zu machen und sie im hart umkämpften App-Markt gewinnbringend zu positionieren. Im ersten Teil lernen Sie alle Schritte kennen, die vor Veröffentlichung einer App wichtig sind. Denn der Erfolg einer App wird definiert durch Entscheidungen, die in einem ganz frühen Stadium getroffen werden. So richten Sie von Anfang an den Blick auf das Wesentliche und legen

durch eine strukturierte Arbeitsweise den Grundstein für den Erfolg Ihrer App. Der zweite Teil des Buches behandelt die erfolgreiche Vermarktung nach Veröffentlichung der App. Sie lernen verschiedene Marketing-Maßnahmen kennen und erfahren, wo Sie Ihre App am besten bewerben. Ein Kapitel zur Erfolgsmessung rundet das Buch ab. Das Buch richtet sich sowohl an Entwickler, die ihre eigene Idee umsetzen möchten, als auch an App-Publisher, die ihre Idee von externen Dienstleistern umsetzen lassen. Ebenfalls können Unternehmen von den Inhalten profitieren, die bereits online präsent sind und nun den Sprung in die mobile Welt wagen wollen. Dabei spielt es keine Rolle, ob Sie Apps für Smartphones oder Tablets, für Apples iOS oder Googles Android veröffentlichen. Die Inhalte dieses Buches sind plattformübergreifend anwendbar. Aus dem Inhalt: Teil I: - Planung und Konzeption - iOS und Android im Vergleich Ideenfindung und -entwicklung - Das Marktumfeld - Geschäftsmodelle und Preisgestaltung - Appstore Optimization Teil II: - Marketing und Controlling - App-Marketing - Social Media - Mobile Advertising - Public Relations - Kundenbindung - Erfolgsmessung

*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.

PLUS+iPad 2014-12-11

**Yogalosophy** Mandy Ingber, 2013-05-07 Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In Yogalosophy®, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular Yogalosophy® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, Yogalosophy® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

**Strong Curves** Bret Contreras, 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the

largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

**The Everything Guide to Remote Work** Jill Duffy, 2022-02-08 Discover the secret to being productive and successful no matter where you are with this essential guide to remote work. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better-financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, The Everything Guide to Remote Work has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

**Hal Higdon's Half Marathon Training** Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

**Networks of Control** Wolfie Christl, Sarah Spiekermann, 2016-09-29

**The Endurance Diet** Matt Fitzgerald, 2016-12-27 The Racing Weight and New Rules of Marathon and Half Marathon Nutrition author's first diet book: advice on everything from how (and how much) to eat, sample food plans from elite endurance athletes, delicious recipes, and science-based research. With a foreword by Dr. Asker Jeukendrup, the world's pre-eminent sports nutrition scientist.

**A Life Without Limits** Chrissie Wellington, 2012-05-15 In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. A LIFE WITHOUT LIMITS reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events.

**500 лучших бесплатных приложений для платформы Android** Сергей Борисов, 2022-04-29 Ваш новый смартфон или планшет – это, безусловно, умное и сложное техническое устройство, которое, однако, поначалу может не так уж много. Для расширения его функционала необходимо установить дополнительные приложения. На сегодняшний день для операционной системы Android написаны десятки тысяч программ. Однако среди них встречаются не только качественные, но и достаточно посредственные продукты. В книге, которую вы держите в руках, описано 500 лучших бесплатных программ для вашего смартфона или планшета практически на все случаи жизни. Читайте, выбирайте и устанавливайте программы, необходимые для решения повседневных задач! (DVD прилагается только к печатному изданию.)

**Fitness Made Simple** John Basedow, 2007-09-14 Discover John Basedow's secrets for getting the body you've always wanted Fitness expert and media icon John Basedow's body-transforming plan is literally Fitness Made Simple. After trying just about every fitness fad and gimmick with little success, John developed this multidimensional approach

that is improving the bodies and lives of thousands of men and women, from teenagers to grandparents. Fitness Made Simple is not just about losing weight. It's about changing your entire body composition so that you increase lean muscle mass and decrease body fat. This easy-to-follow program eliminates all the guesswork for building the body of your dreams with John's comprehensive "Fitness Triangle": Nutrition: By concentrating on natural protein sources, healthy fats, and slow-digesting carbs, you'll never be hungry, your junk food cravings will disappear, and fat will melt from your body. Exercise: Utilizing a combination of cardiovascular and weight training workouts, you'll look great, feel better, and strip away fat to reveal those six-pack abs! Supplementation: Not all supplements are created equal. John shows you which fat loss and muscle building products can actually produce cosmetically significant results, rather than just false hope and a depleted bank account. Plus, John tells his own inspiring story of how he took control of his body and life, while accumulating years of health and fitness wisdom along the way. His signature "John-isms"--helpful quotes sprinkled throughout this book--will keep you motivated to stick with your new fitness lifestyle.

The 21-Day Shred Mike Simone, 2014-12-23 The 21 Day Shred is a detailed dietary and workout regimen designed to help improve health and wellness, cut fat, and promote weight loss. Strip fat from your body and sculpt the perfect physical form—in just three weeks!—with this e-short from the editors of Men's Fitness. In The 21-Day Shred, Mike Simone and the experts at Men's Fitness call on decades of fitness, nutrition, and wellness research to create an intense, easy-to-follow program that will have your body burning fat and building muscle all day and all night.

**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.

*Simple Marathon Training* Jay Johnson, 2016-11-01 Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well as the crucial element missing from most training plans: core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on

the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that. Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

**The Text Mining Handbook** Ronen Feldman, James Sanger, 2007 Publisher description

**Sorted: The Active Woman's Guide to Health** Juliet McGrattan, 2017-04-06 WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018, BMA BOOK AWARDS 'Juliet talks with you, not at you, and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier, fitter and much happier lives.' Lisa Jackson, author of Your Pace or Mine? What Running Taught Me About Life, Laughter and Coming Last A friendly, accessible handbook that gives you a top-to-toe MOT to help you stay fit and well. From wearing the right bra or exercising during your period, to recovering from illness or keeping active during pregnancy, Juliet's advice will soon have you sorted and on the road to health.

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