

Endomondo

Sally Percy

Ethics in an Age of Surveillance Adam Henschke,2017-07-03 People increasingly live online, sharing publicly what might have once seemed private, but at the same time are enraged by extremes of government surveillance and the corresponding invasion into our private lives. In this enlightening work, Adam Henschke re-examines privacy and property in the age of surveillance in order to understand not only the importance of these social conventions, but also their moral relevance. By analyzing identity and information, and presenting a case for a relation between the two, he explains the moral importance of virtual identities and offers an ethically robust solution to designing surveillance technologies. This book should be read by anyone interested in surveillance technology, new information technology more generally, and social concepts like privacy and property.

Fitness for Geeks Bruce W. Perry,2012-04-23 If you're interested in how things work, this guide will help you experiment with one crucial system you usually ignore—your body and its health. Long hours focusing on code or circuits tends to stifle notions of nutrition, but with this educational and highly useful book you can approach fitness through science, whether it's investigating your ancestral health or using the latest self-tracking apps and gear. Tune into components of your health through discussions on food, exercise, sleep, hormesis, and other issues—as well as interviews with various scientists and athletes—and discover healthy ways to tinker with your lifestyle. Learn to live in the modern digital world and still be physically vibrant Examine apps and widgets for self-tracking various fitness issues Zero in on carbs, fats, proteins, vitamins, minerals, and phytochemicals Find and choose food, and learn when to eat and when to fast Reboot your system through movement in the outside world Select from more than a dozen techniques for your gym workout Fuel fitness by focusing on the science of nutrition and supplements Apply lifestyle hacks, such as high-intensity exercise and good stress

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.

Mediatization of Physical Activity Katarzyna Kopecka-Piech,2019-02-25 This book demonstrates how media technologies shape amateur sports and how some of these sports are modified. The author uses an innovative measuring approach to analyze how people use media technologies in conjunction with sports and how their relationship with physical activity is affected by the ever-present influence of the media.

Business Management for the IB Diploma Exam Preparation Guide Alex Smith,2017-03-23 A comprehensive second edition of Business Management for the IB Diploma, revised for first teaching in 2014.

21st Century Business Icons Sally Percy,2023-09-03 From the stratospheric success of Jeff Bezos to the secret genius of Satoshi Nakamoto, 21st Century Business Icons uncovers the fascinating success stories behind some of the world's most innovative business leaders. Behind every success is the unique story of an individual who has transformed their ambition into reality. They have overcome their competition through innovation, determination and confidence. This book uncovers the stories behind these figures - while they may be divisive, controversial or polarizing - each of them offers fascinating insights into business and society. Stretching from California to Tokyo and covering sectors such as tech, retail, banking and social media, this book uncovers the secrets behind success on a global scale. Discover how Whitney Wolfe Herd reinvented the dating industry and how Jimmy Donaldson built a YouTube business empire. 21st Century Business Icons is a fascinating exploration of the entrepreneurs, influencers and pioneers who have redefined the 21st century.

Equipping the Nexus 7 Rob Nagle,Alex Ponting,Nicholas Nizibian,2012-07-17 With over 600,000 apps available for Android devices, hunting down and evaluating every app that might be worthwhile can be a real challenge. Fortunately, this book saves you the trouble. We've compiled a list of the best made, best looking, and most useful Nexus 7 apps across twelve categories: - Productivity - Reading - Social - Graphics - Audio - Video - Local - Sports - Utilities - Health - Games - and a final category for apps we wanted to include, but which didn't fit into any of the other categories. In this book, our focus is on recommending nothing but the best; we think it will be a valuable addition to any Nexus 7 ebook library.

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.

Brilliant Social Media Adam Gray,2013-10-11 FAZED BY FACEBOOK? TONGUE-TIED BY TWITTER? LOST ON LINKEDIN? LEARN HOW TO NAVIGATE THE SOCIAL MEDIA JUNGLE, AND FIND OUT HOW TO GET YOUR BUSINESS NOTICED. Social media is easy when you know how - this practical guide shows you how to get started, then refine and improve your strategy to get real business results. Many businesses know that social media is important - but they either haven't made a start or are dabbling without a proper strategy in place. It's easy to feel overwhelmed by the task - how much of my time will it take? When will I see the benefit? What do I do to get heard? How do I integrate it with my marketing and business goals? What are the risks? However given that 91% of adults use social media regularly, it's a superb opportunity for you to find and engage with present and potential customers much more interactively than traditional marketing methods. Brilliant Social Media will help you get started with social media, then refine and improve your experience with a series of sample straightforward steps that you can start to implement straightaway. Brilliant outcomes: Understand how social media works and which platforms will best suit your business Plan a social media strategy that fits into your wider digital and marketing strategies Connect with your customers, identify new clients and find out what people really think of your business Adapt and refine your strategy as you learn from what works, and what doesn't

Artificial Intelligence in Urban Planning and Design Imdat As,Prithwish Basu,Pratap Talwar,2022-05-14 Artificial Intelligence in Urban Planning and Design: Technologies, Implementation, and Impacts is the most comprehensive resource available on the state of Artificial Intelligence (AI) as it relates to smart city planning and urban design. The book explains nascent applications of AI technologies in urban design and city planning, providing a thorough overview of AI-based solutions. It offers a framework for discussion of theoretical foundations of AI, AI applications in the urban design, AI-based research and information systems, and

AI-based generative design systems. The concept of AI generates unprecedented city planning solutions without defined rules in advance, a development raising important questions issues for urban design and city planning. This book articulates current theoretical and practical methods, offering critical views on tools and techniques and suggests future directions for the meaningful use of AI technology. Includes a cutting-edge catalogue of AI tools applied to smart city design and planning Provides case studies from around the globe at various scales Includes diagrams and graphics for course instruction

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.

Handbook of Mobile Data Privacy Aris Gkoulalas-Divanis,Claudio Bettini,2018-10-26 This handbook covers the fundamental principles and theory, and the state-of-the-art research, systems and applications, in the area of mobility data privacy. It is primarily addressed to computer science and statistics researchers and educators, who are interested in topics related to mobility privacy. This handbook will also be valuable to industry developers, as it explains the state-of-the-art algorithms for offering privacy. By discussing a wide range of privacy techniques, providing in-depth coverage of the most important ones, and highlighting promising avenues for future research, this handbook also aims at attracting computer science and statistics students to this interesting field of research. The advances in mobile devices and positioning technologies, together with the progress in spatiotemporal database research, have made possible the tracking of mobile devices (and their human companions) at very high accuracy, while supporting the efficient storage of mobility data in data warehouses, which this handbook illustrates. This has provided the means to collect, store and process mobility data of an unprecedented quantity, quality and timeliness. As ubiquitous computing pervades our society, user mobility data represents a very useful but also extremely sensitive source of information. On one hand, the movement traces that are left behind by the mobile devices of the users can be very useful in a wide spectrum of applications such as urban planning, traffic engineering, and environmental pollution management. On the other hand, the disclosure of mobility data to third parties may severely jeopardize the privacy of the users whose movement is recorded, leading to abuse scenarios such as user tailing and profiling. A significant amount of research work has been conducted in the last 15 years in the area of mobility data privacy and important research directions, such as privacy-preserving mobility data management, privacy in location sensing technologies and location-based services, privacy in vehicular communication networks, privacy in location-based social networks, privacy in participatory sensing systems which this handbook addresses.. This handbook also identifies important privacy gaps in the use of mobility data and has resulted to the adoption of international laws for location privacy protection (e.g., in EU, US, Canada, Australia, New Zealand, Japan, Singapore), as well as to a large number of interesting technologies for privacy-protecting mobility data, some of which have been made available through open-source systems and featured in real-world applications.

Geospatial Data in a Changing World Tapani Sarjakoski,Maribel Yasmina Santos,L. Tiina Sarjakoski,2016-05-14 This book collects innovative research presented at the 19th Conference of the Association of Geographic Information Laboratories in Europe (AGILE) on Geographic Information Science, held in Helsinki, Finland in 2016.

Galaxy S5: The Missing Manual Preston Gralla,2014-07-16 Get the most out of Samsung's Galaxy S5 smartphone right from the start. With clear instructions from technology expert Preston Gralla, this Missing Manual gives you a guided tour of Samsung's new flagship phone, including great new features such as the fingerprint scanner, heart rate sensor, and Download Booster. You'll get expert tips and tricks for playing music, calling and texting, shooting photos and videos, and even getting some work done. The important stuff you need to know: Get connected. Browse the Web, manage email, and download apps from Google Play through WiFi or 3G/4G network. Keep in touch. Call, text, chat, videochat, conduct conference calls, and reach out with Facebook and Twitter. Capture and display images. Shoot, edit, show, and share photos, slideshows, and high-definition videos. Play and manage your music. Buy music from Google Play or Amazon and listen to it with Galaxy S5's Music app. Work anywhere. Access your files, company network, calendar, and contacts—and work with Google Docs. Connect to Google Maps. Use geolocation and turn-by-turn drive directions to find your way. Stay fit with S Health. Use this built-in app to keep track of fitness goals, walking, heart rate, blood pressure, and more.

Personalized Learning Simon K.S. Cheung,Fu Lee Wang,Lam For Kwok,Petra Poulová,2023-10-24 This self-contained monograph reports the recent approaches, methods and practices of technology-enabled personalized learning. It serves to provide some useful references for researchers and practitioners in the field in conceptualizing and deploying personalized learning. Personalized learning emphasizes student-centred learning that addresses individual learning strengths, needs, skills, and interests, and allows flexibility in the learning mode, process, time and space, where students can take ownership of their learning. It has been practiced in educational institutions at both K-12 and higher education level and, as evident from several successful cases, is an enabler of personalized learning. Educational technology incorporated with other forms of innovative pedagogical practices, such as blended learning, makes personalized learning a reality to achieve its aims effectively and efficiently. This book begins with a critical review on the features and trends of personalized learning. This is followed by a number of case studies on personalized learning practices with promising results. The latest research findings on the approaches, methods and strategies on design and implementation of personalized learning are then reported. Lastly, the prospects of personalized learning are discussed. All these provide some useful references for researchers and practitioners in the field in conceptualizing and deploying personalized learning. Personalized Learning will be a key resource for academics, researchers, and advanced students of education, instructional design and technology, educational research, educational technology, research methods, STEM Education, information and communications technology, and curriculum and instruction.The chapters included in this book were originally published as a special issue of Interactive Learning Environments.

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.

Applied Clinical Informatics for Nurses Alexander,Karen H. Frith,Haley M. Hoy,2017-12-05 Resource added for the Nursing-Associate Degree 105431, Practical Nursing 315431, and Nursing Assistant 305431 programs.

The Complete Guide to Nordic Walking Gill Stewart,2014-09-11 A total programme for Nordic Walking - the 'walking with poles' technique that burns calories and tones the body more effectively than walking alone. Nordic walking – a specific technique for walking with poles that is far more effective in burning calories and whole-body toning than walking alone – is growing rapidly in the UK and worldwide. Here at last is a clear, simple guide to help you understand everything you need to know about Nordic walking whether you are a beginner, a more experienced Nordic walking enthusiast or a health and fitness professional. The Complete Guide to Nordic Walking expels all the myths and simply provides advice and information on how to Nordic walk, who with, where and most importantly why. Organised into clear sections to help you to find exactly what you are looking for quickly, the guide is packed with tips, case studies, research, exercise plans and equipment advice, it is the complete manual for Nordic walkers of all levels. The book is endorsed by Nordic Walking UK and has contributions from worldwide experts including Martin Christie (who brought Nordic walking to the UK) Tom Rutlin, Jose Manual Fernandez Molina and Fabio Moretti.

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Endomondo Introduction

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