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Gary Chase

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Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users goal The book covers the history of apps how they work and specific apps to improve health and wellness in order to improve patients outcomes It discusses several types of apps including apps for medical care sleeping relaxation nutrition exercise and weight loss In addition sections present the features of a good app to empower readers to make their own decision when evaluating which one to use This is a valuable resource for clinicians physicians researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

Fat-Burning Machine Mike Berland, Gale Bernhardt, 2015-12-29 Despite being highly active Mike Berland struggled with his weight for nearly 30 years gaining one to two pounds each year steadily growing from 192 to 236 pounds He was losing hope until he met nutrition specialist Dr Laura Lefkowitz She taught him about his condition metabolic syndrome an energy utilisation and storage disorder that is affecting Westerners at an alarming rate Berland also worked with Gale Bernhardt an elite Olympic triathlon coach Together they have unlocked the secrets to handling metabolic syndrome and burning fat

Maximise Your Fitness Potential (for All Levels) Wayne Lambert, 2011-09 About the Author Wayne spends his spare time raising money for various charities boxing travelling reading and enjoying family life in Dubai where he lives with his wife and baby daughter Profits from any commercial product or service are donated to various charities Profits from this book are donated to Help for Heroes Royal British Legion and War Child About the Book The books most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information from actually how to keep a journal of your progress to detailed explanations to why and how the exercises work Conquer your fitness potential inclusive of your aerobic anaerobic muscular endurance strength and power to name only a few Easy templates are provided within this book to help you Basically all the work is done for you from basic to intense programs depending on your fitness levels you just have to read it and take action Life is choice choose to do it today

Make a Fitness Plan The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may

accompany some of these body changes **Exercise** Dr Hugh J.N. Bethell, Professor David Brodie, 2023-04-28 This book is about exercise what it is how it affects the individual how it is measured and most of all what benefits it brings Beginning with an introduction to the history and biology of exercise the authors review the interactions between exercise and specific diseases such as diabetes coronary heart disease cancer and many more before considering exercise in a wider health context With comprehensive and clear explanations based on sound science yet written in an approachable and accessible style this book is a valuable resource for students of medicine public health physiotherapy sports science coaching and training The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *All Volunteer*, 1983 **Boom, Baby, Boom!** Gary Chase, 2025-04-11 I recently read Seth Godin's book called *Purple Cow* The essence of his book is the idea of us becoming remarkable different from the norm being able to create a unique product or a distinct image that stands out among the norm just like a purple cow would stand out in a herd of normal cows Baby boomers who take care of themselves by living a healthy active positive productive lifestyle stand out in the normal herd of baby boomers They are remarkable They are Purple Cows Be the Purple Cow in the crowd Be extraordinary Be remarkable Boom baby boom **500 Great Ways to Save For Dummies** The Experts at AARP, 2023-05-09 Get smart and start saving without sacrificing the things you love With high prices for everything from food to gas how can you make ends meet and still have enough for the things you love 500 Great Ways to Save For Dummies is packed with creative ideas for cutting costs in small and big ways in dozens of categories ranging from groceries and healthcare to education travel and major purchases This fun book helps you get into a saving mindset know where your money goes and whittle down debt These quick tips are so easy you can start saving today Reduce everyday costs of groceries restaurant meals gas utilities home maintenance healthcare and insurance Save money on fitness pet care entertainment and all your hobbies Cut costs on big ticket items including vacations cars and appliances Find free stuff special discounts and money saving apps This is the only book you need to save money throughout the year **NPTI's Fundamentals of Fitness and Personal Training** Tim Henriques, 2014-08-28 NPTI's Fundamentals of Fitness and Personal Training makes the principles and theories of fitness accessible for all readers Written in a conversational tone with real life examples this text helps students understand how the body works and responds to exercise Readers will learn how to create exercise programs that allow their future clients to accomplish individual fitness goals This book combines technical detail with practical application in an engaging manner Anatomical illustrations and photos provide further guidance on the science of personal training complete with coverage of specific muscle systems and how to train them Extensive information on essential nutrients coupled with guidance on helping clients burn fat and build strength helps future trainers take the sessions beyond simple workouts Stories and examples lend insight into the scientific concepts helping students to understand more complex topics Legal considerations including how to assess and classify clients and minimize risk prepare readers for the realities of a career in personal training Step by step

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