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Utilizing the same “ more than fitness ” approach as our in studio classes and coaching, AFS has an entire suite of corporate wellness services designed to support your organization ' s wellness-centric culture. Whether you ' re aiming to spark conversation and interest, get your team moving, or simply get them thinking, tag us in and let ' s ...

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Applied Fitness Solutions (AFS) is a group exercise and personal training gym specializing in fitness and health coaching. AFS was founded in 2007 to remove the barrier that exists between high-quality guidance and those who need it. The \$35 monthly membership fee at AFS includes a comprehensive nutrition and exercise plan from a degreed and ...

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All options below INCLUDE the benefits of the contactless membership. If you ' ve taken our digital consultation, you ' ve got an idea of which focus area you should start on (fitness solution, fsx, or strength). If not, take it now, or contact us to set up a one one one consultation. It ' s free and 100% confidential.

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Applied Fitness Solutions in Ann Arbor, MI, is dedicated to the enhancement of physical fitness, athletic performance, health, and wellness. Clients are assigned a certified fitness practitioner who implements comprehensive fitness and nutritional programs, while also providing the individualization and accountability of one on-one personal ...

An innovation agenda for tackling our biggest global societal challenges, including the climate emergency Written by a top thinker in sustainability and responsible business, Thriving promotes change through innovation and transformation in nature, society, and the economy. It showcases new approaches in economics, business, and leadership to address a wide range of topics, including ecosystem destruction, species extinction, plastic waste, air pollution, gender equality, social justice, physical health, mental well-being, access to technology, job automation, pandemics, and climate change, among others. Thriving strives to:

- Inform about why change is necessary and how it happens in society, as well as counter prevailing despair and pessimism about the state of the world with hope and optimism
- Inspire with what change is possible and where it is already happening, showing how we can go from problems of breakdown to breakthrough solutions
- Impel by creating a desire to turn information and inspiration into action, adding momentum to the growing regeneration movement

Thriving is not an exercise in blind optimism in technology or other miracle-cure solutions; rather, it is an accessible approach to systems thinking and an offer of pragmatic hope based on purpose-driven creativity and innovation. Whether you ' re a professional in the sustainability field or someone who simply wants to be better informed about ways to take positive action, this thorough guide is for you.

The challenges to humanity posed by the digital future, the first detailed examination of the unprecedented form of power called "surveillance capitalism," and the quest by powerful corporations to predict and control our behavior. In this masterwork of original thinking and research, Shoshana Zuboff provides startling insights into the phenomenon that she has named surveillance capitalism. The stakes could not be higher: a global architecture of behavior modification threatens human nature in the twenty-first century just as industrial capitalism disfigured the natural world in the twentieth. Zuboff vividly brings to life the consequences as surveillance capitalism advances from Silicon Valley into every economic sector. Vast wealth and power are accumulated in ominous new "behavioral futures markets," where predictions about our behavior are bought and sold, and the production of goods and services is subordinated to a new "means of behavioral modification." The threat has shifted from a totalitarian Big Brother state to a ubiquitous digital architecture: a "Big Other" operating in the interests of surveillance capital. Here is the crucible of an unprecedented form of power marked by extreme concentrations of knowledge and free from democratic oversight. Zuboff's comprehensive and moving analysis lays bare the threats to twenty-first century society: a controlled "hive" of total connection that seduces with promises of total certainty for maximum profit -- at the expense of democracy, freedom, and our human future. With little resistance from law or society, surveillance capitalism is on the verge of dominating the social order and shaping the digital future -- if we let it.

This edited volume addresses the vast challenges of adapting Online Social Media (OSM) to developing research methods and applications. The topics cover generating realistic social

network topologies, awareness of user activities, topic and trend generation, estimation of user attributes from their social content, behavior detection, mining social content for common trends, identifying and ranking social content sources, building friend-comprehension tools, and many others. Each of the ten chapters tackle one or more of these issues by proposing new analysis methods or new visualization techniques, or both, for famous OSM applications such as Twitter and Facebook. This collection of contributed chapters address these challenges. Online Social Media has become part of the daily lives of hundreds of millions of users generating an immense amount of 'social content'. Addressing the challenges that stem from this wide adaptation of OSM is what makes this book a valuable contribution to the field of social networks.

The Science of Fitness: Power, Performance, and Endurance clearly explains the vital connection between diet and exercise in the human body. With this knowledge, you can use the right exercise and nutrition to obtain a higher quality life, prevent disease, and slow the aging process. Authored in a straightforward style and with color images throughout, this book explores the cellular science behind fitness, protein synthesis, and healthy living. With it you will learn the most recent and important discoveries in the relationships between physical fitness, nutrition, weight loss, and weight management. It provides key information on the body 's mitochondrial processes and their role in aging, along with well-informed discussions on general nutrition, sports nutrition, exercise physiology, how to enhance athletic performance, and how exercise strengthens the mind. Whether you are interested in how to eat healthy, train for your first (or next) marathon, take your fitness to the next level, find the best super foods, or simply want to improve your vitality through healthy, doable practices, this book will help you on your journey regardless of age or fitness level. Presents the connection between exercise, nutrition, and physiology in a way that is ideal for both experienced athletes and newcomers Provides the scientific basis for mitochondrial functions and their relationship to fitness, protein synthesis, quality of life, and the aging process Synthesizes the latest research on nutrition, sports nutrition, super foods, and the brain/body connection Co-Authored by legendary cyclist Greg LeMond, who illustrates key points using his own athletic journey

Assembling Consumption marks a definitive step in the institutionalisation of qualitative business research. By gathering leading scholars and educators who study markets, marketing and consumption through the lenses of philosophy, sociology and anthropology, this book clarifies and applies the investigative tools offered by assemblage theory, actor-network theory and non-representational theory. Clear theoretical explanation and methodological innovation, alongside empirical applications of these emerging frameworks will offer readers new and refreshing perspectives on consumer culture and market societies. This is an essential reading for both seasoned scholars and advanced students of markets, economies and social forms of consumption.

NOSES ARE FOR BREATHING, MOUTHS ARE FOR EATING “ Many people believe that taking a deep breath increases body oxygenation. The opposite is the case. ” — Patrick McKeown, bestselling author of The Oxygen Advantage Imagine a breathing technique that can increase oxygen uptake and delivery to the cells, improve blood circulation, and unblock the nose. Perhaps it can help open the airways of the lungs, enhance blood flow and oxygen delivery to the brain, improve sleep and bring calmness to the mind. It might even restore bodily functions disturbed by stress, build greater resilience and help you to live longer. You might think this description sounds farfetched. But it isn ' t. The Breathing Cure will guide you through techniques that embody the key to healthy breathing and healthy living. McKeown ' s goal is to enable you to take responsibility for your own health, to prevent and significantly reduce a number of common ailments, to help you realize your potential and to offer simple, scientifically-based ways to change your breathing habits. On a day-to-day basis, you will experience an increase in energy and concentration, an enhanced ability to deal with stress and a better quality of life. The essential guide to functional breathing, learn techniques tried and tested by Olympic athletes and elite military. Clear your blocked nose, stress and relax your nervous system, improve lung function, prepare for competition and more. For use at home, in professional/amateur sports, by breathing instructors, dentists, doctors, physical therapists, strength and conditioning coaches, Pilates and yoga teachers, and anyone interested in health and fitness – from everyday wellbeing through to sporting excellence. Breathe Light: experience optimal blood circulation, peak oxygenation, maximal exercise performance, relief from respiratory symptoms and the best sleep you ever had. Breathe Slow: stress is a risk factor in 75 to 90 percent of all human diseases. Discover and apply the breathing rate scientifically proven to stimulate relaxation, reduce high blood pressure, boost your immune system, maximize HRV and improve blood glucose control. Breathe Deep: physical and emotional balance comes from within. Learn how to strengthen your diaphragm muscle to achieve greater endurance and resilience, calmness of mind, focused concentration and ease of movement. From the bestselling author of The Oxygen Advantage, The Breathing Cure: Exercises to Develop New Breathing Habits for a Healthier, Happier, and Longer Life covers new, ground-breaking topics such as how breathing techniques can support functional movement of the muscles and joints; improve debilitating conditions such as diabetes, epilepsy, lower back pain, PMS and high blood pressure; how the nasal breathing technique can be a weapon against influenza and related infections especially Covid-19; and last but not least, help you to enjoy deeper sleep and improved intimacy. Tap into your innate resilience. Fire up your potential. Enhance your health. BREATHE BETTER NOW!

This new volume explores a variety of modern techniques that deal with estimated models and give resolutions to complex real-life issues. Soft computing has played a crucial role not only with theoretical paradigms but is also popular for its pivotal role for designing a large variety of expert systems and artificial intelligence-based applications. Involving the concepts and practices of soft computing in conjunction with other frontier research domains, this book begins with the basics and goes on to explore a variety of modern applications of soft computing in areas such as approximate reasoning, artificial neural networks, Bayesian networks, big data analytics, bioinformatics, cloud computing, control systems, data mining, functional approximation, fuzzy logic, genetic and evolutionary algorithms, hybrid models, machine learning, metaheuristics, neuro fuzzy system, optimization, randomized searches, and swarm intelligence. This book will be helpful to a wide range of readers who wish to learn applications of soft computing approaches. It will be useful for academicians, researchers, students, and machine learning experts who use soft computing techniques and algorithms to develop cutting-edge artificial intelligence-based applications.

This book constitutes the refereed conference proceedings of the 29th International Conference on Industrial, Engineering and Other Applications of Applied Intelligent Systems, IEA/AIE

2016, held in Morioka, Japan, in August 2-4, 2016. The 80 revised full papers presented were carefully reviewed and selected from 168 submissions. They are organized in topical sections: data science; knowledge base systems; natural language processing and sentiment analysis; semantic Web and social networks; computer vision; medical diagnosis system and bio-informatics; applied neural networks; innovations in intelligent systems and applications; decision support systems; adaptive control; soft computing and multi-agent systems; evolutionary algorithms and heuristic search; system integration for real-life applications.

Imagine one day you feel something in your body is not working right. It starts with a twinge, a pain, specifically in or around your shoulder or scapula. It could be adhesive capsulitis, otherwise known as, frozen shoulder. Many women and several men have discovered this condition is upon them and not really sure how it happened. In this book, a nurse expert found herself one day with unexplainable shoulder issues only to discover the journey it would take to healing. Not much known in the industry about frozen shoulder, this author and nurse explores her journey not once, but twice to solve and resolve the puzzle. She uses holistic treatments, and works with a vengeance to beat this condition and resume life's adventures. It can be debilitating and many around, in the medical community and families do not understand the excruciating and debilitating effects of this strange condition. As most often it is not an injury or from surgery, in this case it is difficult for many to understand how this can cripple someone to the brink of physical and mental exhaustion. Looking for answers, treatment and solutions, Patti shares her journey of hope, healing, and resolve in a fairly unconventional way and without heavy medications or surgery. Loaded with tips and techniques to get you and your family through this journey and back to being 100% again. A must read if you or know someone who has found their shoulder locking down, and becoming immobile and increasing debilitation and pain.

Bachelor Thesis from the year 2018 in the subject Business economics - Offline Marketing and Online Marketing, grade: 1,6, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, language: English, abstract: Social media is now considered an important tool in terms of a company's marketing, and it also serves as a source of information for customers of all kinds. The aim of this bachelor thesis is to examine the topic of social media and social media marketing in more detail and to examine the extent to which the potential of this instrument can be exploited in order to perfect one's own social media presence in the future. To this end, the Internet usage behavior of members of the Kieser Training facility in Ludwigsburg is queried using a standardized questionnaire. Marketing-related and industry-specific recommendations for action are then derived from the results.

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