

1. Record Nr.	UNINA9910459616603321
Autore	Yancey Antronette K
Titolo	Instant recess [[electronic resource]] : building a fit nation 10 minutes at a time / / Toni Yancey
Pubbl/distr/stampa	Berkeley, : University of California Press, c2010
ISBN	1-282-76444-6 9786612764448 0-520-94721-5
Descrizione fisica	1 online resource (279 p.)
Disciplina	613.0973
Soggetti	Health promotion - United States Physical fitness - United States Exercise - United States Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The high price of a sedentary America and the challenge of getting society moving -- The benefits of widespread physical activity and opportunities to move the needle -- The evolution of an idea -- The marketing and social marketing of physical activity and fitness -- The case for the instant recess model -- Instant recess : what's good for the waistline is good for the bottom line! -- A glimpse into the future : how instant recess sparked a physical activity movement.
Sommario/riassunto	This lively, inspiring, and informative book zeroes in on the state of American fitness-persistently sedentary, plagued by obesity-and issues a clarion call to action that reaches across economic, racial, and educational lines. Toni Yancey finds that despite our best intentions and repeated resolutions to exercise, as well as a 40-year investment in fitness education and counseling, physical activity in all levels of society continues to plummet. In a warm, reader-friendly narrative that draws on solid scientific research, personal experience, and her own poetry, Yancey calls for a radically different approach: one that respects diversity and is grounded in the cultures of those most at risk. Instant Recess proposes regular ten-minute exercise breaks that utilize music

and dance and are easily incorporated into school, work, and community life. Rather than encouraging unhealthy habits like cigarette breaks or high fat snacks, these "instant recesses" make the active choice the natural one. Here is a new paradigm for fitness and public health that promises vitality, well being, and a greater sense of community-demonstrating, as Yancey argues, that what's good for the waistline is good for the bottom line.

2. Record Nr.

Titolo

UNISA996205183403316

Algorithms and Computation [[electronic resource]] : 8th International Workshop, WALCOM 2014, Chennai, India, February 13-15, 2014, Proceedings // edited by Sudebkumar Prasant Pal, Kunihiko Sadakane

Pubbl/distr/stampa

Cham : , : Springer International Publishing : , : Imprint : Springer, , 2014

ISBN

3-319-04657-8

Edizione

[1st ed. 2014.]

Descrizione fisica

1 online resource (XIV, 362 p. 107 illus.)

Collana

Theoretical Computer Science and General Issues, , 2512-2029 ; ; 8344

Classificazione

DAT 530f

SS 4800

Disciplina

005.1

Soggetti

Algorithms
Computer science—Mathematics
Discrete mathematics
Computer graphics
Discrete Mathematics in Computer Science
Mathematical Applications in Computer Science
Symbolic and Algebraic Manipulation
Computer Graphics
Kongress2014.Chennai
Kongress2013.Kharagpur (West Bengal)
Conference papers and proceedings.

Lingua di pubblicazione

Inglese

Formato

Materiale a stampa

Livello bibliografico

Monografia

Note generali

Bibliographic Level Mode of Issuance: Monograph

Nota di bibliografia

Includes bibliographical references and author index.

Nota di contenuto

Computational Geometry -- Algorithms and Approximations --
Distributed Computing and Networks.- Graph Algorithms --
Complexity and Bounds -- Graph Embeddings and Drawings.

Sommario/riassunto

This book constitutes the revised selected papers of the 8th International Workshop on Algorithms and Computation, WALCOM 2014, held in Chennai, India, in February 2014. The 29 full papers presented together with 3 invited talks were carefully reviewed and selected from 62 submissions. The papers are organized in topical sections on computational geometry, algorithms and approximations, distributed computing and networks, graph algorithms, complexity and bounds, and graph embeddings and drawings.

3. Record Nr.

UNICAMPANIAVAN00220243

Autore

Günther, Helmut

Titolo

The Special Theory of Relativity : Einstein's World in New Axiomatics /
Helmut Günther, Volker Müller

Pubbl/distr/stampa

Singapore, : Springer, 2019

Titolo uniforme

Die Spezielle Relativitätstheorie : Einsteins Welt in einer neuen
Axiomatik

Descrizione fisica

xii, 542 p. : ill. ; 24 cm

Altri autori (Persone)

Müller, Volker

Soggetti

83-XX - Relativity and gravitational theory [MSC 2020]
83Axx - Special relativity [MSC 2020]

Lingua di pubblicazione

Inglese

Formato

Materiale a stampa

Livello bibliografico

Monografia