

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 unhealthful 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.	UNISA996205183403316
Titolo	Algorithms and Computation [[electronic resource]] : 8th International Workshop, WALCOM 2014, Chennai, India, February 13-15, 2014, Proceedings / / edited by Sudebkumar Prasant Pal, Kunihiro 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