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Expert Home Workout 2025 For Beginners

Michael Seilmaier



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Safe at Home with Assistive Technology Ingrid Kollak, 2026-03-25 This book describes how assistive technology can help disabled elderly and temporarily sick people manage their daily lives better and stay safe in the home. It discusses safety from technical, social, and ethical perspectives, providing examples of the challenges that users, their helpers, and professional carers face with assistive technology in everyday situations. In this second, expanded and updated edition, the book offers new insights from user-centered research and shows the latest gadgets in assistive technology to answer the central question: How can users and technology work together to ensure safety? The new edition includes coverage of AI and gadgets in home care, palliative care, and assistive technology. User-focused and combining experience with research, the book will interest users of these technologies, health professionals who might introduce or prescribe them, engineers who develop and sell assistive technological gadgets, and architects who build safe homes. Researchers and students in fields such as architecture, education, engineering, facility management, medicine, nursing, occupational therapy, rehabilitative medicine, physiotherapy, social science, and speech therapy will also find this book valuable. It provides knowledge and experience in the field of Assistive Technology, examines ways to test its effectiveness from the perspectives of users, health professionals, and researchers from different fields, and lists useful addresses, websites, and literature.

Vision & Focus Mastery: A 15-Module Expert Learning Program on Binocular Vision Dysfunction (BVD) and Attention Deficit Hyperactivity Disorder (ADHD) Kamhid, 2026-03-03 Discover the groundbreaking connection between Binocular Vision Dysfunction (BVD) and ADHD in Vision Focus Mastery, the most complete practical guide available to finally understand why so many people diagnosed with ADHD still struggle with reading, concentration, headaches, dizziness, and overwhelm, even with medication. This 15-module expert program, now available as a full ebook, reveals how subtle eye misalignment, often just 0.5 to 2 prism diopters, forces the brain to work overtime, creating symptoms that are frequently misdiagnosed as ADHD. Learn how treating the vision component can reduce 71-80% of ADHD-like symptoms within weeks using micro prism lenses and targeted vision therapy, without replacing necessary ADHD care when both conditions coexist. Inside, you will master the exact neurobiology linking BVD and ADHD, complete symptom mapping to stop misdiagnosis, full diagnostic protocols including the validated BVDQ questionnaire, step-by-step vision therapy home programs, pencil push-ups, Brock string, barrel cards, vectograms, and more. Micro prism lens science and real-world outcomes, integrated treatment strategies for when BVD and ADHD co-occur, classroom, workplace, and 504 IEP accommodations, daily strategies, advocacy scripts, and multidisciplinary referral templates. Written by a top-tier AI learning architect and based on the latest 2025-2026 research, CITT studies, NeuroVisual Medicine Institute data on 50,000 patients, Bellato meta-analysis, this ebook transforms abstract theory into career-ready, life-changing skills for parents, educators, psychologists, optometrists, coaches, and adults seeking answers. Whether you're a parent tired of watching your child struggle, an adult who still can't read comfortably, or a professional wanting to offer better solutions, Vision Focus

Mastery gives you the complete roadmap from visual strain to crystal clear focus and lasting confidence The Advanced Practitioner in Primary Care Josey Coaten, Sarah Pay, 2026-03-09 Equipping Advanced Practitioners with the skills insight and confidence to lead in modern primary care The Advanced Practitioner in Primary Care is a timely resource that provides current and aspiring Advanced Practitioners APs with a practical roadmap for delivering high quality patient centred care in complex and fast paced primary care environments Built on the four pillars of advanced practice clinical practice leadership education and research this text supports practitioners in bridging the gap between academic theory and clinical application Written by experienced clinicians and educators this book is framed by national and international guidelines applicable to adult paediatric and mental health contexts and reinforced by real world case studies that contextualise concepts and build confidence in managing diverse clinical scenarios Providing the structured support and evidence informed guidance necessary for confident competent and reflective practice The Advanced Practitioner in Primary Care Covers complex consultation skills clinical reasoning systems based clinical assessments and decision making with evidence informed guidance Addresses the management of uncertainty and diverse patient presentations including frailty and paediatrics Offers practical insights on getting the most from supervision and professional development pathways Includes a dedicated chapter on prescribing and medication management tailored for APs Discusses the evolving scope of the AP role in the context of local national and international policy The Advanced Practitioner in Primary Care is essential reading for trainee and established APs working in primary care as well as for nurses paramedics pharmacists physiotherapists and other professionals transitioning into general practice It is also ideal for postgraduate programmes in advanced clinical practice and a valuable resource for educators and primary care teams supporting AP development Optimal Physical Activity across the Lifespan for People of All Abilities Ronald F. Zernicke , David Arthur Hart, Humans evolved to be mobile within the boundary conditions of Earth and many biological and physiologic systems depend on mechanical loading to maintain integrity during growth and maturation during skeletal maturity and during the aging process These systems subscribe to the use it or lose it principle and thus require continual use to maintain integrity Given that premise considerable basic and clinical research efforts have been directed at optimizing the effectiveness and positive impact of exercise on sports performance and the well being of those with intact systems However those with disabilities or compromised abilities also benefit from exercise protocols and there exists a need to focus attention on these populations as well Given the myriad of biological and physiological systems that benefit from exercise and mechanical loading there is a need for all humans of varying abilities to not only maintain the integrity of their health but to attempt to optimize it recognizing that optimizing each person s health across the stages of the life cycle may require different exercise protocols dependent on stage of life sex genetics and other individualized variables For those with physical disabilities embracing and maintaining such exercise protocols may be challenging but expanded research translation of findings and integration of the outcomes into everyday

life to enhance the health and well being of this significant population are needed going forward **Advanced Air Mobility**
 Dimitrios Ziakkas,Amin Vafadar,Debra Henneberry,2026-04-06 Electric Vertical Take Off and Landing eVTOL vehicles
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