

At-Home Pilates Workout Plan

1



Single Leg Stretch
10 reps x 3 sets

2



Double Leg Stretch
10 reps x 3 sets

3



Hundreds
10 reps x 3 sets

4



Roll ups
6 reps x 3 sets

5



Glute Bridge
12 reps x 3 sets

6



Push ups
10 reps x 3 sets

JUSTFIT!

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Preparing for Life in a Digital Age Julian Fraillon, John Ainley, Wolfram Schulz, Tim Friedman, Eveline Gebhardt, 2014-12-13 Ability to use information and communication technologies ICT is an imperative for effective participation in today's digital age. Schools worldwide are responding to the need to provide young people with that ability. But how effective are they in this regard? The IEA International Computer and Information Literacy Study (ICILS) responded to this question by studying the extent to which young people have developed computer and information literacy (CIL), which is defined as the ability to use computers to investigate, create, and communicate with others at home, school, the workplace, and in society. The study was conducted under the auspices of the International Association for the Evaluation of Educational Achievement (IEA) and builds on a series of earlier IEA studies focusing on ICT in education. Data were gathered from almost 60,000 Grade 8 students in more than 3,300 schools from 21 education systems. This information was augmented by data from almost 35,000 teachers in those schools and by contextual data collected from school ICT coordinators, school principals, and the ICILS national research centers. The IEA ICILS team systematically investigated differences among the participating countries in students' CIL outcomes, how participating countries were providing CIL-related education, and how confident teachers were in using ICT in their pedagogical practice. The team also explored differences within and across countries with respect to relationships between CIL education outcomes and student characteristics and school contexts. In general, the study findings presented in this international report challenge the notion of young people as digital natives with a self-developed capacity to use digital technology. The large variations in CIL proficiency within and across the ICILS countries suggest it is naive to expect young people to develop CIL in the absence of coherent learning programs. Findings also indicate that system and school level planning needs to focus on increasing teacher expertise in using ICT for pedagogical purposes if such programs are to have the desired effect. The report furthermore presents an empirically derived scale and description of CIL learning that educational stakeholders can reference when deliberating about CIL education and use to monitor change in CIL over time.

Assessment and Multimodal Management of Pain Maureen Cooney, Ann Quinlan-Colwell, 2020-10-31 Learn best practices and evidence-based guidelines for assessing and managing pain. *Assessment and Multimodal Management of Pain: An Integrative Approach* describes how to provide effective management of pain through the use of multiple medications and techniques, including both pharmacologic and non-pharmacologic treatment regimens. A holistic approach provides an in-depth understanding of pain and includes practical assessment tools, along with coverage of opioid and non-opioid analgesics, interventional and herbal approaches to pain, and much more. Written by experts Maureen F. Cooney and Ann Quinlan-Colwell, this reference is a complete step-by-step guide to contemporary pain assessment and management. Evidence-based practical guidance helps students learn to plan and implement pain management and aligns with current guidelines and best practices. Comprehensive information on the pharmacologic management of pain includes

nonopioid analgesics opioid analgesics and co analgesics including dose titration routes of administration and prevention of side effects UNIQUE Multimodal approach for pain management is explored throughout the book as it affects assessment the physiologic experience and the culturally determined expression acknowledgement and management of pain UNIQUE Holistic integrative approach includes thorough coverage of pain management with non pharmacologic methods Clinical scenarios are cited to illustrate key points Equivalent analgesic action for common pain medications provides readers with useful guidance relating to medication selection Pain rating scales in over 20 languages are included in the appendix for improved patient clinician communication and accurate pain assessment UNIQUE Authors Maureen F Cooney and Ann Quinlan Colwell are two of the foremost authorities in multimodal pain assessment and management Sample forms guidelines protocols and other hands on tools are included and may be reproduced for use in the classroom or clinical setting

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