

fitness tracker app for wheelchair users

fitness tracker app for wheelchair users are revolutionizing how individuals with mobility impairments approach their health and wellness goals. Gone are the days when generic fitness applications failed to acknowledge the unique needs and capabilities of wheelchair users. Today, a growing array of sophisticated apps are designed to accurately monitor activity, track progress, and offer personalized motivation, specifically tailored for this community. This article delves into the essential features to look for in a fitness tracker app for wheelchair users, explores how these apps benefit users, and discusses the future of this adaptive technology. We will cover everything from activity tracking and calorie estimation to community features and integration with wearable devices, ensuring you can make an informed choice about which app best suits your fitness journey.

Table of Contents

Understanding the Needs of Wheelchair Users in Fitness Tracking

Key Features of an Effective Fitness Tracker App for Wheelchair Users

Benefits of Using a Fitness Tracker App for Wheelchair Users

How Fitness Tracker Apps Accommodate Wheelchair Activity

Choosing the Right Fitness Tracker App for Your Needs

The Future of Fitness Tracker Apps for Wheelchair Users

Understanding the Needs of Wheelchair Users in Fitness Tracking

Traditional fitness tracking often relies on step counting and gait analysis, metrics that are not directly applicable to wheelchair users. For these individuals, fitness is measured by different parameters, such as distance covered through propulsion, upper body engagement, and time spent actively moving. A true fitness tracker app for wheelchair users must therefore move beyond these conventional metrics to provide a comprehensive and accurate picture of physical activity. This requires a nuanced understanding of the varied ways wheelchair users engage in exercise and daily movement.

The diversity within the wheelchair user community also means that a one-size-fits-all approach is insufficient. Needs can vary significantly based on the type of wheelchair, the user's specific condition, and their personal fitness goals. An ideal app will offer customization options to reflect these individual differences, allowing users to define what constitutes an active day for them. This personalization is crucial for fostering engagement and ensuring that the tracking is relevant and encouraging.

Key Features of an Effective Fitness Tracker App for Wheelchair Users

When selecting a fitness tracker app for wheelchair users, certain features stand out as essential for providing meaningful data and a positive user experience. The primary focus should be on activity tracking that accurately reflects wheelchair movement. This often involves features like manual logging of wheelchair pushes or automatic detection of propulsion patterns through integrated sensors in smart devices or wearables.

Beyond basic activity, calorie expenditure is a critical component of any fitness program. For wheelchair users, calorie tracking needs to be adjusted to account for the energy expended during wheelchair propulsion and upper body workouts. Apps that utilize algorithms specific to wheelchair activity, or allow for manual input of intensity and duration, are far more accurate than those that use generic formulas.

Customizable Activity Goals

A truly effective fitness tracker app for wheelchair users must offer robust customization for setting activity goals. Instead of generic step targets, users should be able to set goals based on metrics like distance propelled, duration of active movement, or even specific exercise types they engage in, such as upper body strength training or adaptive sports. This tailoring ensures that goals are achievable and relevant to the individual's lifestyle and capabilities.

Accurate Calorie and Energy Expenditure Tracking

Estimating calorie burn for wheelchair users requires specialized algorithms. Standard trackers often underestimate or miscalculate energy expenditure. Look for apps that either have specific profiles for wheelchair users or allow detailed input regarding activity type, intensity, and duration. Some advanced apps may even integrate with heart rate monitors to provide a more precise measure of caloric expenditure during various forms of exercise.

Integration with Wearable Devices

Seamless integration with wearable fitness trackers is a significant advantage. While many wearables are designed with walking in mind, some can still capture valuable data like heart rate, sleep patterns, and upper body movement, which can then be interpreted by a specialized app. The ability for the app to sync with these devices streamlines data collection and provides a more holistic view of health metrics.

Progress Monitoring and Visualization

Effective progress visualization is key to maintaining motivation. The app should present data in clear, easy-to-understand charts and graphs, highlighting trends over time. Seeing tangible evidence of progress, whether it's increased distance covered or improved consistency in activity, can be a powerful motivator for continued engagement with fitness goals.

Community and Social Support Features

For many, community and social support are vital components of a successful fitness journey. Apps that incorporate features allowing users to connect with other wheelchair users, share progress, participate in challenges, and offer mutual encouragement can significantly enhance motivation and reduce feelings of isolation. This sense of shared experience can be incredibly empowering.

Benefits of Using a Fitness Tracker App for Wheelchair Users

The adoption of a dedicated fitness tracker app for wheelchair users offers a multitude of benefits that extend beyond simple data collection. These applications empower individuals by providing them with concrete data to understand their physical activity levels, enabling them to make informed decisions about their health and well-being. This personalized insight is fundamental to creating sustainable fitness routines.

Beyond personal insight, these apps can serve as powerful motivators. The ability to set, track, and achieve personalized goals, coupled with visual representations of progress, can foster a sense of accomplishment and encourage users to push their boundaries. This consistent positive reinforcement is crucial for long-term adherence to fitness programs.

Enhanced Self-Awareness of Activity Levels

One of the primary benefits is increased self-awareness. By accurately logging wheelchair propulsion, arm movements, and other forms of physical exertion, users gain a clear understanding of how active they truly are throughout the day. This awareness is the first step toward making positive changes and setting realistic fitness objectives.

Motivation and Goal Achievement

These apps act as constant motivators. Seeing daily, weekly, and monthly progress displayed visually can be incredibly inspiring. The ability to set and track personalized goals, such as propelling a certain distance or engaging in specific exercises, provides a clear path to achievement and encourages continued effort.

Improved Health Outcomes

Consistent physical activity, accurately tracked and managed, can lead to significant improvements in health outcomes. This includes better cardiovascular health, increased strength and endurance, improved mood, and better sleep quality. The app serves as a tool to ensure these benefits are realized through sustained engagement.

Personalized Fitness Planning

With detailed data, users and their healthcare providers can work together to create highly personalized fitness plans. Understanding an individual's current activity levels and how they respond to different types of exertion allows for the development of targeted exercise routines that maximize effectiveness and minimize risk.

How Fitness Tracker Apps Accommodate Wheelchair Activity

The core of an effective fitness tracker app for wheelchair users lies in its ability to translate their movements into meaningful fitness data. This accommodation is achieved through a combination of specialized tracking methods and intelligent algorithms that recognize the nuances of wheelchair propulsion and upper body engagement.

Many apps utilize smartphone accelerometers and gyroscopes to detect patterns associated with wheelchair pushing. These sensors can identify the rhythmic motion of propulsion and estimate the distance covered and intensity of effort. Advanced features might even incorporate GPS to track distance traveled outdoors, adding another layer of comprehensive data collection.

Manual Logging of Wheelchair Pushes

For many apps, manual logging remains a crucial feature. Users can input the duration and perceived intensity of their wheelchair pushes, providing the app with direct information about their activity. This method allows for a high degree of user control and can be particularly useful for tracking activities in varied environments or when automatic detection might be less precise.

Automatic Activity Detection

Some sophisticated apps leverage the sensors in smartphones or connected wearables to automatically detect and log wheelchair activity. By analyzing movement patterns, the app can identify periods of propulsion, estimate distance, and even differentiate between active pushing and passive rolling. This hands-off approach simplifies tracking for users.

Upper Body Exercise Tracking

Beyond propulsion, many wheelchair users engage in significant upper body exercise for strength, endurance, and overall fitness. Apps that allow for the manual logging of specific upper body exercises, such as bicep curls, shoulder presses, or rowing, provide a more complete picture of the user's fitness regimen. Some may even offer guided workouts for the upper body.

Estimating Energy Expenditure Specific to Wheelchair Users

Calorie expenditure calculations are a complex area for wheelchair users. Apps that are specifically designed for this demographic often employ proprietary algorithms that factor in the unique biomechanics of wheelchair propulsion, arm movement, and body mass to provide a more accurate estimate of energy burned compared to generic fitness trackers.

Choosing the Right Fitness Tracker App for Your Needs

Selecting the optimal fitness tracker app for wheelchair users involves a careful consideration of

individual needs, preferences, and available technology. No single app will be perfect for everyone, so understanding the key differentiating factors will guide your decision-making process. Prioritizing features that align with your personal fitness goals is paramount.

Begin by assessing your current fitness routine and what you aim to achieve. Are you looking to increase daily activity, build upper body strength, track progress in adaptive sports, or simply gain better insight into your overall health? Your objectives will heavily influence the features that are most important to you. Furthermore, consider the technology you already own, such as a smartphone or smartwatch, as app compatibility can greatly enhance usability.

Assess Your Personal Fitness Goals

Before downloading any app, take time to clearly define what you want to achieve. Are you focused on improving cardiovascular health through sustained propulsion, increasing muscular strength with targeted upper body exercises, or simply monitoring your general daily activity levels? Your specific goals will determine which features are most crucial.

Evaluate User Interface and Ease of Use

A user-friendly interface is vital for sustained engagement. The app should be intuitive and easy to navigate, with clear instructions and accessible menus. For wheelchair users, consider if the layout and interactive elements are comfortable and manageable, especially if using a touchscreen with limited mobility. Read reviews that specifically mention ease of use for users with diverse needs.

Consider Data Accuracy and Customization Options

Accuracy in tracking is fundamental. Research how the app estimates distance, calorie expenditure, and other metrics for wheelchair users. Look for apps that offer significant customization options, allowing you to adjust settings to reflect your unique wheelchair type, activity intensity, and personal health conditions. This personalization is key to receiving reliable data.

Check for Compatibility and Integration

Ensure the app is compatible with your existing devices, whether it's your smartphone (iOS or Android) or any wearable fitness trackers you might use. Seamless integration with other health apps or platforms can also be beneficial, allowing for a more consolidated view of your overall health data.

Read Reviews and Seek Recommendations

Consulting reviews from other wheelchair users can provide invaluable insights into the practical performance and effectiveness of different apps. Look for feedback on customer support, the accuracy of tracking for specific activities, and the overall user experience. Recommendations from disability organizations or online communities can also be a great starting point.

The Future of Fitness Tracker Apps for Wheelchair Users

The landscape of fitness technology is constantly evolving, and the future for fitness tracker apps tailored for wheelchair users is exceptionally promising. As technology advances, we can anticipate even more sophisticated and personalized solutions that further empower individuals with mobility impairments to achieve their fitness and health objectives.

The integration of artificial intelligence and machine learning is poised to play a significant role. These technologies can learn from user data to provide even more accurate activity tracking, personalized recommendations, and predictive insights into health trends. Furthermore, as wearable technology becomes more pervasive and specialized, the data collected will become richer, allowing for a more comprehensive understanding of the user's physiological responses to activity.

Advancements in AI and Machine Learning

The integration of artificial intelligence and machine learning will lead to more intelligent and adaptive tracking. These systems will be able to learn individual movement patterns more effectively, provide hyper-personalized coaching, and offer predictive insights into potential health benefits or areas needing more attention. This could include AI-driven feedback on propulsion technique to optimize energy expenditure and prevent injury.

Enhanced Integration with Smart Home and Assistive Technologies

Future applications may see deeper integration with smart home devices and other assistive technologies. Imagine an app that can trigger lighting or temperature adjustments based on detected activity levels or sync with smart health monitoring devices for a holistic wellness overview. This interconnectedness will create a more seamless and supportive health ecosystem.

Development of More Specialized Wearables

While current wearables offer valuable data, the future may bring more specialized wearable devices designed specifically for wheelchair users. These could include devices that more accurately measure arm strength, range of motion, or specific propulsion metrics, providing data that can be directly interpreted by fitness apps for unparalleled precision in tracking and analysis.

Greater Emphasis on Mental Wellness and Social Connection

Beyond physical activity, future apps are likely to place a greater emphasis on mental wellness and social connection. Features promoting mindfulness, stress management, and enhanced virtual communities could become standard, recognizing that overall well-being is a multifaceted construct that extends beyond physical metrics alone. This holistic approach will foster a more complete sense of health.

Personalized Rehabilitation and Training Programs

The data collected by these apps will also be instrumental in developing highly personalized rehabilitation and training programs. Therapists and trainers can use the insights to tailor interventions more precisely, monitor progress in real-time, and adjust programs dynamically based on the user's performance and feedback, leading to more effective recovery and performance gains.

FAQ

Q: What is the primary difference between a standard fitness tracker app and one designed for wheelchair users?

A: The primary difference lies in how activity is tracked and quantified. Standard apps typically focus on step counting, which is not applicable to wheelchair users. Apps for wheelchair users are designed to track metrics like distance propelled by the wheelchair, upper body engagement, and specific adaptive exercises, often using specialized algorithms for calorie expenditure estimation.

Q: Can my current smartphone be used as a fitness tracker for wheelchair activities?

A: Yes, many fitness tracker apps for wheelchair users leverage the built-in sensors of smartphones, such as accelerometers and gyroscopes, to detect and record wheelchair propulsion. Some apps also utilize GPS for tracking outdoor distance. However, the accuracy can vary, and combining smartphone data with a wearable device often provides more comprehensive results.

Q: How do fitness tracker apps for wheelchair users calculate calorie expenditure accurately?

A: These apps employ specialized algorithms that take into account the unique energy expenditure associated with wheelchair propulsion, upper body movements, and the user's individual characteristics (like weight and metabolism). This is a significant improvement over generic calorie counters that do not account for wheelchair use.

Q: Are there fitness tracker apps that can automatically detect my wheelchair activity?

A: Yes, some advanced fitness tracker apps are designed with automatic activity detection features. These apps use the motion sensors in smartphones or connected wearables to identify patterns indicative of wheelchair pushing and log the activity without requiring manual input from the user.

Q: Is it possible to track upper body workouts using these apps?

A: Absolutely. Most comprehensive fitness tracker apps for wheelchair users include features for manually logging various upper body exercises, such as strength training or rowing. Some may even offer guided workout routines specifically for the upper body to help users build strength and endurance.

Q: Do I need a special wearable device to use a fitness tracker app for wheelchair users?

A: Not necessarily. While many apps integrate with popular wearable fitness trackers (like smartwatches) for enhanced data collection (e.g., heart rate), the core functionality of many apps can be accessed using just a smartphone. However, wearables can often provide more detailed and continuous physiological data.

Q: How important is community support in a fitness tracker app for wheelchair users?

A: Community support can be incredibly important for motivation and accountability. Apps that offer features to connect with other wheelchair users, share progress, join challenges, and offer mutual encouragement can significantly enhance a user's commitment to their fitness goals and reduce feelings of isolation.

Q: Can fitness tracker apps help me set realistic fitness goals?

A: Yes, by providing accurate data on your current activity levels, these apps help you understand your baseline. This information, combined with customizable goal-setting features, allows you to set achievable and personalized targets that align with your capabilities and aspirations.

[Fitness Tracker App For Wheelchair Users](#)

Find other PDF articles:

<https://phpmyadmin.fdsu.edu.br/personal-finance-02/Book?ID=RIT35-9502&title=how-to-establish-credit-for-the-first-time-with-no-history.pdf>

fitness tracker app for wheelchair users: Tech and Accessibility: Tools That Empower the Differently Able Ahmed Musa , 2024-12-29 Tech and Accessibility: Tools That Empower the Differently Able is an inspiring and deeply informative exploration of how technology is breaking down barriers, creating opportunities, and transforming the lives of individuals with disabilities. This

book highlights the remarkable ways in which innovation and empathy are converging to design tools that make the world more inclusive and equitable. From groundbreaking assistive devices to cutting-edge software solutions, this book delves into the technologies that are leveling the playing field. Readers will discover how screen readers empower individuals with visual impairments to navigate the digital world, how advanced hearing aids and cochlear implants are revolutionizing communication, and how mobility devices like exoskeletons and smart wheelchairs are redefining independence for those with physical disabilities. Each chapter profiles pioneering companies, inventors, and advocates who are driving progress in accessible technology. It shines a spotlight on innovations such as voice recognition systems, braille displays, and AI-powered tools that adapt to users' unique needs. The book also examines how universal design principles are shaping everything from smartphones to public transportation, ensuring that accessibility is no longer an afterthought but a fundamental part of design. Tech and Accessibility doesn't just celebrate the successes; it also tackles the challenges ahead. It addresses the digital divide, the cost of assistive technologies, and the importance of inclusive design practices that consider diverse abilities from the outset. The book raises critical questions about the ethical implications of technologies like AI and biometrics and how they impact privacy, autonomy, and agency for differently abled individuals. Through real-world stories, the book illustrates the transformative power of technology to foster independence, amplify voices, and unlock potential. It also explores how inclusive technology benefits everyone, creating a more adaptable, efficient, and humane world. Accessible and engaging, *Tech and Accessibility: Tools That Empower the Differently Aabled* is a must-read for technologists, designers, policymakers, and anyone passionate about social equity. It challenges readers to think differently about innovation, urging them to consider not just what technology can do, but who it can empower. This book is a powerful testament to the idea that when technology is built with accessibility in mind, it doesn't just change lives—it changes the world. It invites all of us to be part of a movement that transforms challenges into possibilities and disabilities into opportunities for connection, creativity, and growth.

fitness tracker app for wheelchair users: *Computers Helping People with Special Needs*
 Klaus Miesenberger, Roberto Manduchi, Mario Covarrubias Rodriguez, Petr Peňáz, 2020-09-09 The two-volume set LNCS 12376 and 12377 constitutes the refereed proceedings of the 17th International Conference on Computers Helping People with Special Needs, ICCHP 2020, held in Lecco, Italy, in September 2020. The conference was held virtually due to the COVID-19 pandemic. The 104 papers presented were carefully reviewed and selected from 206 submissions. Included also are 13 introductions. The papers are organized in the following topical sections: Part I: user centred design and user participation in inclusive R&D; artificial intelligence, accessible and assistive technologies; XR accessibility - learning from the past, addressing real user needs and the technical architecture for inclusive immersive environments; serious and fun games; large-scale web accessibility observatories; accessible and inclusive digital publishing; AT and accessibility for blind and low vision users; Art Karshmer lectures in access to mathematics, science and engineering; tactile graphics and models for blind people and recognition of shapes by touch; and environmental sensing technologies for visual impairment Part II: accessibility of non-verbal communication: making spatial information accessible to people with disabilities; cognitive disabilities and accessibility - pushing the boundaries of inclusion using digital technologies and accessible eLearning environments; ICT to support inclusive education - universal learning design (ULD); hearing systems and accessories for people with hearing loss; mobile health and mobile rehabilitation for people with disabilities: current state, challenges and opportunities; innovation and implementation in the area of independent mobility through digital technologies; how to improve interaction with a text input system; human movement analysis for the design and evaluation of interactive systems and assistive devices; and service and care provision in assistive environments 11 chapters are available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

fitness tracker app for wheelchair users: *MEGHARIEF LEADERSHIP VOLUME III: The Empathy-Driven Leader* Dokali Megharief, 2025-09-22 Every leader reaches a crossroads where metrics and strategy fall short of their intended meaning. When productivity hums but connection

stalls, and the quiet question emerges: Are we truly honoring the people who follow us? This third volume of Megharief Leadership begins at that vulnerable pause. It is not a continuation, it is a reckoning. A return to the soul of leadership where empathy is not an afterthought, but the essence. Far from a corporate slogan or workshop buzzword, empathy is presented here as an actionable discipline, fierce, clear, and powerful. Through poignant stories and practical frameworks, this book challenges leaders to lead not just with efficiency, but with emotional wisdom. It highlights the distinction between merely showing up and truly being present, between managing and genuinely connecting. Across twenty five chapters, you will meet teams fractured and mended, cultures transformed, and leaders who chose courage over performance. This is not just a guide; it is an invitation for leaders to reimagine influence as a form of stewardship. Whether you are seasoned, starting out, or somewhere in between, *The Empathy Driven Leader* dares you to shape a world where leadership does not cost us our humanity, but restores it.

fitness tracker app for wheelchair users: *Wired For Wellness* Andrew G. Gibson, In *Wired for Wellness*, readers will explore the complex relationship between technology, well-being, and human connection in the digital age. This essential guide delves into the addictive nature of our devices, the impact of dopamine on our engagement, and the ways in which technology can contribute to feelings of isolation, anxiety, and depression. But *Wired for Wellness* doesn't just highlight the challenges of the digital age—it also provides practical and actionable strategies for harnessing technology's power for good. Through mindfulness, intentionality, and compassion, readers will learn how to set boundaries, manage screen time, and foster genuine human connections in an increasingly virtual world. *Wired for Wellness* blends cutting-edge research, personal stories, and expert insights to empower readers to reclaim their well-being and create a more balanced and fulfilling life.

fitness tracker app for wheelchair users: *Wearable Health Monitors* Jade Summers, □ Unlock the Future of Health with Wearable Technology! □ Are you ready to take control of your health like never before? *The Pulse of Progress* dives deep into the world of wearable health monitors, revealing how these cutting-edge devices are transforming fitness, wellness, and even medical care. Whether you're a health enthusiast, a tech lover, or a professional looking to leverage the power of wearables, this book will guide you through the latest advancements and what they mean for your daily life. What You'll Discover: □ The fascinating history of wearable health tech - from early innovations to today's AI-powered devices. □ How wearables track heart rate, sleep, fitness, and even chronic conditions. □ The best wearable devices for your needs—smartwatches, fitness trackers, and medical-grade monitors. □ The impact of AI and big data on personalized health and remote healthcare. □ Privacy and security concerns—how safe is your health data? □ The future of wearable technology and how it will shape healthcare in the coming years. □ If you're curious about how smart technology is revolutionizing health monitoring, this book is your ultimate guide. Stay ahead of the curve—grab your copy today! □

fitness tracker app for wheelchair users: *Apple Watch For Dummies* Marc Saltzman, 2022-11-22 Stop looking at your phone—and start looking at your Apple Watch Much more than a time-telling device, the Apple Watch is your very own wrist-sized computer. And *Apple Watch For Dummies* is the most trusted guide for new and upgrading users. Learn how to check your email, make a phone call, look at tomorrow's weather forecast, and track your calorie burn, all right on your wrist. *Dummies* helps you navigate the interface, use helpful Siri shortcuts, make wireless payments, and more. This 2023 Edition is fully updated for the latest version of the Apple Watch and watchOS. Learn how to connect your Apple Watch to your phone and start receiving messages Check the weather, track your fitness, and use apps on your Watch Make payments wirelessly by tapping your Watch at points-of-sale Discover all the features of the newest Apple Watch models This is the perfect *Dummies* guide for first-time Apple Watch users, as well as people who are upgrading their Apple Watch and need a reference on the latest features.

fitness tracker app for wheelchair users: *iPhone & Apple Watch for Health & Fitness in Easy Steps* Nick Vandome, 2017 Résumé : Providing help, support and encouragement in creating, measuring and achieving your health and fitness goals, this essential guide explains the built-in

Health App on the iPhone and Apple Watch, ensuring that it is fun and gratifying at the same time. --

fitness tracker app for wheelchair users: Handbook Of Physical Education Pedagogy

Prof. Ashish Pratap Singh, Dr. Arvind Bahadur Singh, The Handbook of Physical Education Pedagogy is a comprehensive guide designed for educators, trainers, and students involved in physical education and sports teaching. This authoritative resource delves into the principles, methods, and strategies of effective physical education instruction, combining theory with practical applications. - In-depth coverage of contemporary teaching methodologies tailored for physical education. - Insight into motor learning, skill development, and behavior management. - Practical lesson planning tips and assessment techniques. - Approaches for inclusive education to cater to diverse student needs. - Integration of technology and innovative tools in physical education. - Case studies, research findings, and evidence-based practices. - Guidance on promoting lifelong fitness, health, and well-being

fitness tracker app for wheelchair users: Benefits Of Exercise Tabitha Cozy, 2024-10-05

Benefits Of Exercise offers a comprehensive exploration of physical activity's transformative power, focusing on its wide-ranging benefits and practical, do-it-yourself approaches to fitness. This accessible guide bridges the gap between scientific knowledge and real-world application, making it essential for anyone seeking to improve their health through exercise. The book progresses from fundamental concepts of exercise physiology to specific aspects like cardiovascular health, strength training, and mental well-being, culminating in strategies for creating personalized fitness routines. What sets Benefits Of Exercise apart is its emphasis on making exercise accessible to everyone, regardless of their current fitness level or access to specialized equipment. It presents simple, effective routines that can be done at home or in local parks, demystifying complex exercise science and empowering readers to take control of their health. The content is backed by peer-reviewed studies and expert interviews, while real-life case studies provide relatable examples of exercise's life-changing potential. Through its engaging, conversational style, Benefits Of Exercise tackles topics such as improving cognitive function through physical activity and the synergy between proper nutrition and exercise. By offering clear, actionable information and addressing ongoing debates in the fitness world, this book equips readers with the knowledge and tools to embark on their own fitness journey, promising long-lasting improvements to both physical and mental well-being.

fitness tracker app for wheelchair users: Blind Eyes See Sophie Carter, AI, 2025-02-27

Blind Eyes See explores the multifaceted experience of vision loss and how individuals can thrive despite visual impairment. Addressing the increasing prevalence of visual impairment due to aging populations, the book highlights the importance of assistive technology and community support. Readers will discover that technology, like screen readers and voice recognition software, plays a crucial role in maintaining independence. The book also underscores the profound impact of community support, offering insights into resources provided by organizations and peer groups. The book is structured to guide readers through understanding vision loss, exploring technological solutions, and emphasizing community resources. It presents actionable strategies for independent living, such as orientation and mobility training. By integrating research with personal narratives, Blind Eyes See aims to empower those affected by vision loss, their families, and professionals in healthcare and technology. This approach ensures that readers gain practical knowledge alongside an understanding of the emotional and social aspects of adapting to blindness. Ultimately, Blind Eyes See champions the idea that with the right tools and support, individuals can transform challenges into opportunities. It provides valuable guidance for fostering independence, promoting advocacy, and building a more inclusive society for those with visual impairments.

fitness tracker app for wheelchair users: Artificial Intelligence - COMIA 2025 Lourdes

Martínez-Villaseñor, Bella Martínez-Seis, Obdulia Pichardo, 2025-09-26 The 3-volume set CCIS 2552 - 2554 constitutes the proceedings of the 17th Mexican Conference on Artificial Intelligence, COMIA 2025, which took place in Mexico City, Mexico, during May 12-16, 2025. The total of 83 papers included in the proceedings was carefully reviewed and selected from 199 submissions. They were

organized in topical sections as follows: Part I: Natural languages processing; robotics; signal processing; ethics and regulation; Part II: Computer Vision and Image Processing; Deep Learning; Machine Learning and Pattern Recognition; Data Mining; Part III: Artificial intelligence applications; medical applications.

fitness tracker app for wheelchair users: Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

fitness tracker app for wheelchair users: Mobile Sensing in Psychology Matthias R. Mehl, Michael Eid, Cornelia Wrzus, Gabriella M. Harari, Ulrich W. Ebner-Priemer, 2023-11-20 The possibilities mobile sensing opens up for the social, behavioral, biomedical, and life sciences appear almost infinite and are bound to become even more comprehensive in the years to come. However, data collection with new information technology also poses new challenges for research and applied fields. Is everything that is possible also legally allowed? What are the personal and societal consequences of the possible deep insights into very private areas of life for research ethics and the relations between the researchers and those being researched? How can data be stored so that anonymity and privacy are preserved? How can quality criteria be formulated for this new and rapidly developing field of research? And how can we ensure that information and predictions derived from mobile sensing are psychometrically accurate and practically useful as we move from scientific proof-of-concept measurements to medical/clinical measurements that aim at supporting and improving the diagnostic process? This handbook answers these questions and based on the conviction that a profound understanding and the sound application of mobile sensing methods require specific knowledge and competencies: scientific background and the key concepts, how to generally plan and conduct a mobile sensing study, different methods of data collection with mobile sensing, both in terms of the technological know-how and the methodological how-to, and possibilities and limitations of mobile sensing and of best-practice examples from different areas of application--

fitness tracker app for wheelchair users: Postphenomenology and Media Stacey O'Neal Irwin, Galit Wellner, Yoni Van Den Eede, 2017-06-23 Postphenomenology and Media: Essays on Human-Media-World Relations sheds light on how new, digital media are shaping humans and their world. It does so by using the postphenomenological framework to comprehensively study "human-media relations," making use of conceptual instruments such as the transparency-opacity distinction, embodiment, multistability, variational analysis, and cultural hermeneutics. This collection outlines central issues of media and mediation theory that can be explored postphenomenologically and showcases research at the cutting edge of philosophy of media and technology. The contributors together enlarge the range of thinking about human-media-world relations in contemporary society, reflecting the interdisciplinary range of this school of thought, and explore, sometimes self-reflexively and sometimes critically, the provocative landscape of postphenomenology and media.

fitness tracker app for wheelchair users: Exercise Variations Mira Skylark, AI, 2025-03-17 Exercise Variations explores the importance of incorporating all four fundamental exercise

typesâaerobic, anaerobic, flexibility, and strength trainingâinto a comprehensive fitness regimen. A key insight is that a balanced approach is superior to focusing on just one type, maximizing overall fitness gains while reducing injury risks. For example, neglecting flexibility training can limit range of motion and increase the potential for strains, while skipping strength training can hinder muscle development and metabolic rate. The book uniquely emphasizes practical application, offering detailed exercise descriptions, sample workout plans, and personalized modifications. It progresses from foundational exercise physiology to exploring various exercises within each category. Aerobic training covers continuous, interval, and fartlek methods; anaerobic delves into high-intensity activities; flexibility explores static, dynamic, and PNF stretching; and strength training examines resistance techniques. The book culminates in integrating these types into personalized plans and real-world applications for diverse populations. This guide empowers fitness enthusiasts, athletes, and healthcare professionals alike to design effective exercise programs. The approach is conversational yet informative, making complex concepts accessible. By understanding the synergistic effects of varied exercises, readers can optimize their physical well-being, manage health conditions, and enhance overall quality of life.

fitness tracker app for wheelchair users: DIGITAL HEALTH MADE EASY Dito Anurogo, Niko Azhari Hidayat, 2024-09-10 In an era characterized by the rapid digitization of myriad disciplines, few areas of exploration are as crucial or as enthralling as that of Digital Health. As we stand on the precipice of a revolutionary epoch, "Digital Health Made Easy" serves as both a beacon and a touchstone, shedding light on the profound intersections of medical science, sophisticated technology, and the intricate web of ethical considerations that underpin this dynamic convergence.

fitness tracker app for wheelchair users: Design, User Experience, and Usability. Application Domains Aaron Marcus, Wentao Wang, 2019-07-10 The four-volume set LNCS 11583, 11584, 11585, and 11586 constitutes the proceedings of the 8th International Conference on Design, User Experience, and Usability, DUXU 2019, held as part of the 21st International Conference, HCI International 2019, which took place in Orlando, FL, USA, in July 2019. The total of 1274 papers and 209 posters included in the 35 HCII 2019 proceedings volumes was carefully reviewed and selected from 5029 submissions. DUXU 2019 includes a total of 167 regular papers, organized in the following topical sections: design philosophy; design theories, methods, and tools; user requirements, preferences emotions and personality; visual DUXU; DUXU for novel interaction techniques and devices; DUXU and robots; DUXU for AI and AI for DUXU; dialogue, narrative, storytelling; DUXU for automated driving, transport, sustainability and smart cities; DUXU for cultural heritage; DUXU for well-being; DUXU for learning; user experience evaluation methods and tools; DUXUpractice; DUXU case studies.

fitness tracker app for wheelchair users: Bio-Inspired Computing Anu Bajaj, Ajith Abraham, Ryotaro Kamimura, 2025-06-05 This book presents 53 selected papers focused on Deep Learning and Large Language Models from the 14th International Conference on Innovations in Bio-Inspired Computing and Applications (IBICA 2023) and 13th World Congress on Information and Communication Technologies (WICT 2023), which was held in five different cities namely Olten, Switzerland; Porto, Portugal; Kaunas, Lithuania; Greater Noida, India; Kochi, India and in online mode. The 23rd International Conference on Hybrid Intelligent Systems (IBICA-WICT 2023) was focusing on synergistic combinations of multiple approaches to develop the next generation of bio-inspired computing and ICT systems. IBICA-WICT 2023 had contributions by authors from 36 countries. This book offers a valuable reference guide for all scientists, academicians, researchers, students, and practitioners focused on advanced machine learning including deep learning methods, large language models, and its real-world applications.

fitness tracker app for wheelchair users: Walk vs Run Ava Thompson, AI, 2025-03-14 Walk vs Run tackles the popular debate of whether walking or running is superior for overall fitness, weight loss, and endurance. It offers an in-depth look at how each activity impacts cardiovascular fitness, metabolic rate, and muscular endurance. Did you know that the metabolic impact of exercise, crucial for weight loss, involves understanding calorie expenditure and fat oxidation rates?

Examining both the how and why, the book empowers readers to make informed choices about their exercise routines. The book progresses from establishing a foundational understanding of exercise science to comparing walking and running across key areas like cardiovascular health and weight management. It then concludes with practical applications, including personalized training plans and injury prevention strategies. What sets Walk vs Run apart is its emphasis on personalized exercise. It avoids advocating for one activity over the other and provides a framework for readers to evaluate their own needs and preferences.

fitness tracker app for wheelchair users: [Creating iOS Apps](#) Richard Warren, 2013-11-20

With more than 600 million iOS devices sold, Apple's booming mobile platform provides a immense and continuously growing app market for developers. And with each update to the iOS SDK, Apple offers the richest set of additional developer tools. iOS 7.0 is no exception. iOS programming expert Richard Warren shows you how to use these powerful tools to begin writing the next generation of iOS apps. You will hone your development skills by creating a complete, full-featured mobile application. You'll learn to build an intuitive and beautiful user interface, beginning with linking View Controllers in the Storyboard and then adding custom drawn views. Next, you will learn how to use iCloud storage and Core Data to manage an app's data model, synchronizing data across multiple devices. Then you will learn ways to make your app stand out, using more advanced iOS techniques like UIKit Dynamics and UIMotionEffects. Finally, Richard shows you how to prepare your app for submission to the App Store, getting it in front of iOS users around the world. This book includes: Real-world guidance and advice Insight into the current best practices from an iOS programming expert An essential introduction to the Objective-C language and Cocoa design patterns Coverage of key iOS 7.0 technologies, including the asset catalog, dynamic fonts, UIKit Dynamics, UIMotionEffects, Sprite Kit, and more.

Related to fitness tracker app for wheelchair users

WILSON'S FORUM - WILSON'S FITNESS CENTERS ALL INCLUSIVE FITNESS 6 Lane 25 Yard Lap Indoor Pool (retractable roof) High-Pressured Whirlpool Turkish Dry-Cedar Saunas Steam Room 5 Group Fitness Studios Hot Classes

WILSON'S RANGELINE - WILSON'S FITNESS CENTERS Spacious 24,500sq ft facility Multiple Group Fitness Classes Indoor cycling studio Saunas Play Center for kids 12weeks + Youth Programs Synergy 360 Training Center Wifi

Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss,

JOIN NOW - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982, Wilson's has been dedicated to providing Mid-Missouri with the most dynamic fitness memberships available.

Top 5 Gym and Swim Club in Westland - Forum Fitness Center Gym, swimming and fitness memberships in Westland and surrounding communities

Yoga - WILSON'S FITNESS CENTERS A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath

ABOUT US - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982 Wilson's has been dedicated to providing mid Missouri with the most dynamic fitness memberships available. We

Home - WILSON'S FITNESS CENTERS WILSON'S FITNESS CENTERS A family owned Columbia business since 1982 Wilson's On For um Gym, Classes, Pool, PlayCenter & More 2902 Forum Blvd. Columbia MO 65203

WILSON'S FITNESS CENTERS - WILSON'S FITNESS CENTERS In January 2025, Kathryn Fishman-Weaver ("Coach Kat") started Wilson's first swim-based group fitness class. The class, which she calls Recess Relays, aims to support adults as they build

PERSONAL TRAINING - WILSON'S FITNESS CENTERS BOOST 45 - 55 minute discovery of your health and fitness in relation to your goals. Functional Movement Screening (FMS) Body Composition & Goal Planning \$49.00

WILSON'S FORUM - WILSON'S FITNESS CENTERS ALL INCLUSIVE FITNESS 6 Lane 25 Yard Lap Indoor Pool (retractable roof) High-Pressured Whirlpool Turkish Dry-Cedar Saunas Steam Room 5 Group Fitness Studios Hot Classes (Yoga

WILSON'S RANGELINE - WILSON'S FITNESS CENTERS Spacious 24,500sq ft facility Multiple Group Fitness Classes Indoor cycling studio Saunas Play Center for kids 12weeks + Youth Programs Synergy 360 Training Center Wifi

Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss,

JOIN NOW - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982, Wilson's has been dedicated to providing Mid-Missouri with the most dynamic fitness memberships available.

Top 5 Gym and Swim Club in Westland - Forum Fitness Center Gym, swimming and fitness memberships in Westland and surrounding communities

Yoga - WILSON'S FITNESS CENTERS A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath

ABOUT US - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982 Wilson's has been dedicated to providing mid Missouri with the most dynamic fitness memberships available. We

Home - WILSON'S FITNESS CENTERS WILSON'S FITNESS CENTERS A family owned Columbia business since 1982 Wilson's On For um Gym, Classes, Pool, PlayCenter & More 2902 Forum Blvd. Columbia MO 65203

WILSON'S FITNESS CENTERS - WILSON'S FITNESS CENTERS In January 2025, Kathryn Fishman-Weaver ("Coach Kat") started Wilson's first swim-based group fitness class. The class, which she calls Recess Relays, aims to support adults as they build

PERSONAL TRAINING - WILSON'S FITNESS CENTERS BOOST 45 - 55 minute discovery of your health and fitness in relation to your goals. Functional Movement Screening (FMS) Body Composition & Goal Planning \$49.00

WILSON'S FORUM - WILSON'S FITNESS CENTERS ALL INCLUSIVE FITNESS 6 Lane 25 Yard Lap Indoor Pool (retractable roof) High-Pressured Whirlpool Turkish Dry-Cedar Saunas Steam Room 5 Group Fitness Studios Hot Classes (Yoga

WILSON'S RANGELINE - WILSON'S FITNESS CENTERS Spacious 24,500sq ft facility Multiple Group Fitness Classes Indoor cycling studio Saunas Play Center for kids 12weeks + Youth Programs Synergy 360 Training Center Wifi

Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss,

JOIN NOW - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982, Wilson's has been dedicated to providing Mid-Missouri with the most dynamic fitness memberships available.

Top 5 Gym and Swim Club in Westland - Forum Fitness Center Gym, swimming and fitness memberships in Westland and surrounding communities

Yoga - WILSON'S FITNESS CENTERS A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath

ABOUT US - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982 Wilson's has been dedicated to providing mid Missouri with the most dynamic

fitness memberships available. We

Home - WILSON'S FITNESS CENTERS WILSON'S FITNESS CENTERS A family owned Columbia business since 1982 Wilson's On For um Gym, Classes, Pool, PlayCenter & More 2902 Forum Blvd. Columbia MO 65203

WILSON'S FITNESS CENTERS - WILSON'S FITNESS CENTERS In January 2025, Kathryn Fishman-Weaver ("Coach Kat") started Wilson's first swim-based group fitness class. The class, which she calls Recess Relays, aims to support adults as they build

PERSONAL TRAINING - WILSON'S FITNESS CENTERS BOOST 45 - 55 minute discovery of your health and fitness in relation to your goals. Functional Movement Screening (FMS) Body Composition & Goal Planning \$49.00

WILSON'S FORUM - WILSON'S FITNESS CENTERS ALL INCLUSIVE FITNESS 6 Lane 25 Yard Lap Indoor Pool (retractable roof) High-Pressured Whirlpool Turkish Dry-Cedar Saunas Steam Room 5 Group Fitness Studios Hot Classes (Yoga

WILSON'S RANGELINE - WILSON'S FITNESS CENTERS Spacious 24,500sq ft facility Multiple Group Fitness Classes Indoor cycling studio Saunas Play Center for kids 12weeks + Youth Programs Synergy 360 Training Center Wifi

Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss,

JOIN NOW - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982, Wilson's has been dedicated to providing Mid-Missouri with the most dynamic fitness memberships available.

Top 5 Gym and Swim Club in Westland - Forum Fitness Center Gym, swimming and fitness memberships in Westland and surrounding communities

Yoga - WILSON'S FITNESS CENTERS A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath

ABOUT US - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982 Wilson's has been dedicated to providing mid Missouri with the most dynamic fitness memberships available. We

Home - WILSON'S FITNESS CENTERS WILSON'S FITNESS CENTERS A family owned Columbia business since 1982 Wilson's On For um Gym, Classes, Pool, PlayCenter & More 2902 Forum Blvd. Columbia MO 65203

WILSON'S FITNESS CENTERS - WILSON'S FITNESS CENTERS In January 2025, Kathryn Fishman-Weaver ("Coach Kat") started Wilson's first swim-based group fitness class. The class, which she calls Recess Relays, aims to support adults as they build

PERSONAL TRAINING - WILSON'S FITNESS CENTERS BOOST 45 - 55 minute discovery of your health and fitness in relation to your goals. Functional Movement Screening (FMS) Body Composition & Goal Planning \$49.00

WILSON'S FORUM - WILSON'S FITNESS CENTERS ALL INCLUSIVE FITNESS 6 Lane 25 Yard Lap Indoor Pool (retractable roof) High-Pressured Whirlpool Turkish Dry-Cedar Saunas Steam Room 5 Group Fitness Studios Hot Classes

WILSON'S RANGELINE - WILSON'S FITNESS CENTERS Spacious 24,500sq ft facility Multiple Group Fitness Classes Indoor cycling studio Saunas Play Center for kids 12weeks + Youth Programs Synergy 360 Training Center Wifi

Forum Fitness: #1 Gym, Aquatics, and Training Center in Westland Forum Fitness Center out delivers the Top 10 Gyms in Westland, Livonia, Garden City and surrounding communities . The Forum offers everything to help you reach your weight loss,

JOIN NOW - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982, Wilson's has been dedicated to providing Mid-Missouri with the most dynamic fitness memberships available.

Top 5 Gym and Swim Club in Westland - Forum Fitness Center Gym, swimming and fitness memberships in Westland and surrounding communities

Yoga - WILSON'S FITNESS CENTERS A full-body fitness experience, combining rowing and yoga. Training our strength and cardiovascular systems, and increasing mobility, flexibility, and the mind-body-breath

ABOUT US - WILSON'S FITNESS CENTERS Wilson's is a family owned Columbia business. Since our inception in 1982 Wilson's has been dedicated to providing mid Missouri with the most dynamic fitness memberships available. We

Home - WILSON'S FITNESS CENTERS WILSON'S FITNESS CENTERS A family owned Columbia business since 1982 Wilson's On For um Gym, Classes, Pool, PlayCenter & More 2902 Forum Blvd. Columbia MO 65203

WILSON'S FITNESS CENTERS - WILSON'S FITNESS CENTERS In January 2025, Kathryn Fishman-Weaver ("Coach Kat") started Wilson's first swim-based group fitness class. The class, which she calls Recess Relays, aims to support adults as they build

PERSONAL TRAINING - WILSON'S FITNESS CENTERS BOOST 45 - 55 minute discovery of your health and fitness in relation to your goals. Functional Movement Screening (FMS) Body Composition & Goal Planning \$49.00

Related to fitness tracker app for wheelchair users

7 best fitness tracking apps you can use for free (Hosted on MSN5mon) Staying active and tracking your workouts does not have to come with a monthly bill. While many fitness apps lock their best features behind a paywall, there are still plenty of great options on

7 best fitness tracking apps you can use for free (Hosted on MSN5mon) Staying active and tracking your workouts does not have to come with a monthly bill. While many fitness apps lock their best features behind a paywall, there are still plenty of great options on

10 Top-Rated Health & Fitness Apps For Your Android Devices (SlashGear9mon) Your health is your greatest asset; without it, everything else fades into the background. The journey to a fitter and healthier you is tough and there are thousands of apps available on the Google

10 Top-Rated Health & Fitness Apps For Your Android Devices (SlashGear9mon) Your health is your greatest asset; without it, everything else fades into the background. The journey to a fitter and healthier you is tough and there are thousands of apps available on the Google

The Best Apps for Weight Loss: Diet Plan Tools, Fitness Trackers, and More (Everyday Health on MSN25d) From Lose It! and Noom to WeightWatchers and FitOn, here are the apps that health experts recommend for weight loss

The Best Apps for Weight Loss: Diet Plan Tools, Fitness Trackers, and More (Everyday Health on MSN25d) From Lose It! and Noom to WeightWatchers and FitOn, here are the apps that health experts recommend for weight loss

The Outsiders Is A New Fitness Tracker On iOS For Serious Athletes (12don MSN) The Outsider is a new app for fitness freaks that tracks important metrics like body readiness, training progress, load, and

The Outsiders Is A New Fitness Tracker On iOS For Serious Athletes (12don MSN) The Outsider is a new app for fitness freaks that tracks important metrics like body readiness, training progress, load, and

Fitbit is getting an AI facelift - here's how the fitness tracker app is changing (ZDNet1mon) Fitbit unveiled an AI health coach. The AI coach reflects a broader trend among health wearables. The feature becomes available starting in October. Get more ZDNET: Add us as a preferred Google source

Fitbit is getting an AI facelift - here's how the fitness tracker app is changing (ZDNet1mon) Fitbit unveiled an AI health coach. The AI coach reflects a broader trend among health wearables. The feature becomes available starting in October. Get more ZDNET: Add us as a preferred Google source

Fitness app Strava is tightening third-party access to user data (Ars Technica10mon) The Strava app is one of the most popular ways for cyclists, runners, hikers, and other distance sports enthusiasts to track their performance and grab some bragging rights. Because most athletic

Fitness app Strava is tightening third-party access to user data (Ars Technica10mon) The Strava app is one of the most popular ways for cyclists, runners, hikers, and other distance sports enthusiasts to track their performance and grab some bragging rights. Because most athletic

7 best fitness tracking apps you can use for free (Android Police5mon) Anu is a Features author at Android Police. You'll find her writing in-depth pieces about automation tools, productivity apps, and explainers. Before joining AP, she used to write for prominent tech

7 best fitness tracking apps you can use for free (Android Police5mon) Anu is a Features author at Android Police. You'll find her writing in-depth pieces about automation tools, productivity apps, and explainers. Before joining AP, she used to write for prominent tech

Back to Home: <https://phpmyadmin.fdsu.edu.br>