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"This above all: to your self © own self be true, and it must follow, as the night the day, you can not then be false to any man." -William Shakespeare, "Hamlet" The Bard was not just whistling Dixie when he wrote this line in his classic tragedy of betrayal, incest and greed. There are shelves on the shelves of self-help books, dozens of meditation guides and a whole army of therapists out there to help people get a handle on just what is going on inside their heads. You can not be true to yourself, without knowing who is yourself. "What is a job a man!" Hamlet exclaims in the midst of one of the psychoanalytic game steps. Over the next four centuries, advances in modern technology provide more opportunities for humans to examine their own particular pieces of work. This is the era of self © quantified, a personal-monitoring movement that may just change the way we live. The beauty of modern technology is the depth and range of information that makes available with some key sequences, swips finger or voice commands. Do you want to know what song is playing in your local café? There's an app for that. Lost somewhere outside of Barstow, on the edge of the desert? Ask Siri for the fastest path to civilization. And what if there was an app for just for you? © The quantified self is the idea that people can use modern technology to better monitor themselves, to monitor sleep, work and exercise habits, mood shifts, sexual activity, how they spend their money and what they eat and drink, among other subjects. Through this so-called "DATA-Drive Life" quantifiers can use the information to address a wide variety of goals, from weight loss to improve the efficiency of their household chores. For some, the data is the end to the means, a way to learn things about yourself that you might not have ever known differently [Source: Wolf]. 30 minutes, workout bodyweight no-pym bodyweightwith summer in full swing, is the perfect time to mix the routine by taking your exterior workout. After all, outdoor exercise can improve energy levels and decrease stress to a greater extent than operation inside. Does participation in physical activity in outdoor natural environments has a greater effect on physical and mental well-being with respect to physical activity within physical activity? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science and Environmental Technology, 2011, Feb.; 45 (5): 1520-5851. But if your habitat is more concrete jungle of the bucolic park, don't sweat - there are many advantages to exercise even inside. State-of-the-art elements on Pinterest according to a revision that included over 800 subjects, exercising a multitude of benefits outdoors. Does participation in physical activity in outdoor natural environments has a greater effect on physical and mental well-being with respect to physical activity inside? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science and Environmental Technology, 2011, Feb.; 45 (5): 1520-5851. Participants reported feelings of revitalization, decrease in anger and increased energy. Another study found that the open air has a positive overall effect on vitality, or the sense of enthusiasm, vitality and energy. Finally, simply spending more time outside has proved to prevent obesity increases among children. A perspective examination of the time of children spent outdoors, objectively measured physical activity measured and overweight. Clona V, Crawford D, Baur La. International Journal of ObesitÂ (2005), 2008, October; 32 (11): 1476-5497. And there are other advantages. Vitamin DÂ ¶ ¢ ¯ "One of Soluble essential fats for strong bones and a healthy immune system ... can be reached through the sun exposure. While many debates exist around the guidelines, some researchers suggest that from five to 30 minutes of exposure to the sun between 10:00. And 3:00 p.m. At least twice a week is enough for the synthesis of vitamin D. Sure, this recommendation is also provided with a warning warning You already know: always wear sunscreen and cover whenever possible. Similarly, if you are out, you have to pay attention to time. Both extreme heat and cold can represent a variety of problems. If you are sweating during the summer, it is important to know the symptoms of dehydration and heat exhaustion. In winter, experts advise you to dress in more layered to stay warm and become familiar with the first signs of frostbite and hypothermia. Observe live internives in à €

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