

Here's how you can turn your phone into your very own fitness coach

Whether you have an Apple or an android smartphone, there are many apps, programmes that can help lead the way

Ready to get outside and get fit? Your smartphone's hardware, its software and an app store full of programs can help lead the way. Here is a guide on how to get the most out of your device. Just remember, medical data is sensitive information, so read the privacy policy of any app that is collecting it or tracking you. Consult your doctor before making major changes to your dietary or workout routine.

Here's to Your Health

In 2014, Apple and Google both announced dashboard apps to track personal health and wellness, and the companies have been enhancing those apps ever since. Apple's Health app works on iPhones and iPod Touch devices running iOS 8 and later (as well as the Apple Watch). The app invites you to set up a "health profile" with physical information and the activities and habits you would like to track, like your sleep.

You can also pull in medical records from participating health care providers and workout and diet data from third-party apps. Apple recently announced a slew of updates to Health coming soon with iOS 15, including the ability to share your stats with family and doctors. The Google Fit app works on the Android and iOS operating systems. (It can also import health data from Wear OS, Apple Watches and third-party apps.) This year, Google announced that the app could also use the phone's camera to measure heart and respiratory rates for informational purposes (but not as a medical diagnosis); Google's own Pixel phones were the first to get this function.

Both Apple Health and Google Fit include basic tools like a pedometer, which uses the phone's motion sensor to track your steps, but fitness and food apps can provide more detailed information.

Get a New (Exercise) Routine

If you are looking for a workout app for an exercise plan that goes beyond step-counting, you have many options. Most of the popular programs are available for both Android and iOS. These include the Jefit Workout Planner and Skimble's Workout Trainer; both offer guides to specific exercises and routines for small subscription fees.

The Peloton app offers video-driven workouts, and Google Fit has a curated list of free exercise videos on YouTube. For those planted in the Apple ecosystem, the Apple Fitness+ service is US\$10 (S\$13.50) a month and requires an Apple Watch with your iPhone to monitor your vital signs. Runners and cyclists wanting to measure their progress have a variety of apps to consider. For beginners, the Couch to 5K app provides a training plan for somewhat stationary newbies to work their way up to a solid running routine. Runkeeper and MapMyRun use the phone's location services to log and trace routes; both are free with in-app purchases. Cyclemeter and Strava are also inexpensive apps that track running, cycling and more.

Keep a Food Diary

If you want to focus on dietary adjustments – eating more protein, consuming less sodium, shedding a few pandemic pounds – and do not want to manually log food labels, consider a dedicated nutrition app. Many of these are free to download but offer in-app subscriptions for personalized diet planning, community support and other features. Among the apps in this category, Lose It! focuses on calorie-counting and weight loss and can share its data with Apple Health, Google Fit and other apps. Lose It! has a huge database of nutritional information for millions of items and can scan package labels to add new foods. MyFitnessPal is a similar program with a database of 11 million foods, a huge online community and the ability to sync up and share data with 50 other fitness apps and devices.

Map Your Way

Your phone's maps app can help you get more active in general. For example, just enter "gyms near me" to see where you can get a workout, or "hiking" to find nearby trails. Last year, both Apple Maps and Google Maps added new features for urban cyclists, including biking routes in certain cities, the location of bike-sharing docks around town and elevation information. In Google Maps for Android and iOS, you can also tap the Layers button to see Cycling routes and the Terrain – so you can really be prepared for any nonmetaphorical uphill climbs on your journey. —*New York Times*.



82-year-old woman to fly to space with Jeff Bezos on New Shepard's maiden human flight

Wally Funk, 82, who passed NASA's astronaut training program in 1960s, will be joining Amazon's billionaire founder Jeff Bezos to fly to space on the first human flight of the New Shepard, the rocket ship developed by his space company, Blue Origin.

The flight is scheduled for July 20, just 15 days after he is set to step down as CEO of Amazon. Bezos will also be accompanied by his younger brother Mark Bezos on this journey. Wally Funk will fly to space as an honored guest. She will join Jeff Bezos, his brother Mark Bezos, and the auction winner on the flight. Wally's journey to space began in the 1960s when she was the youngest graduate of the Woman in Space Program, a privately-funded project which tested female pilots for astronaut fitness. Later known as the "Mercury 13" – thirteen



American women successfully underwent the same physiological and psychological screening tests as the astronauts selected by NASA for Project Mercury, but they never flew to space. Wally was the youngest graduate of this program. She was the first female FAA inspector and first female NTSB air safety investigator. The 82-year-old

pilot will now be part of the first crew on New Shepard, and the oldest person ever to fly to space, said a press release issued by Blue Origin. Earlier this month, Blue Origin concluded the online auction for the very first seat on New Shepard with a winning bid of \$28 million. Nearly 7,600 people registered to bid from 159 countries. —*AFP*

Convertible flying car conducts successful 35-minute flight

AirCar, a dual-mode car-aircraft vehicle developed by a company in Slovakia, achieved a key milestone as it successfully conducted a 35-minute flight between two countries. The Klein Vision's prototype car conducted flight from the international airport in Nitra to the international airport in Bratislava on June 28th, 2021.

It completed its 142nd successful landing in Bratislava at 6:05AM, the company said in a press release. After landing, at a click of a button the aircraft transformed into a sports car in under three minutes and was driven by its inventor, Professor Stefan Klein and co-founder, Anton Zajac to downtown Bratislava, cutting the typical travel time by a factor of two.

"Professor Stefan Klein is the world leader in the development of user-friendly Flying Cars," said Dr. Branko Sarh, Boeing Co. Senior Technical Fellow. "The automated transition from road vehicle into an air vehicle and vice versa, deploying/retracting wings and tail is not only the result of pioneering enthusiasm, innovative spirit and courage; it is an outcome of excellent engineering and professional knowledge," he added. The AirCar Prototype 1 is equipped with a 160HP BMW engine with fixed-propeller and a ballistic parachute. Under the



supervision of the Civil Aviation Authority, the AirCar has completed over 40 hours of test flights, including steep 45 degree turns and stability and maneuverability testing. AirCar Prototype 1 has flown at 8200 ft and reached a maximum cruising speed of 190km/h (103kt).

AirCar Prototype 2, the pre-production model, will be equipped with a 300HP engine and receive the EASA CS-23 aircraft certification with an M1 road permit. With its variable pitch propeller, the Prototype 2 is expected to have a cruise

speed of 300km/h (162kt) and range of 1000km (621mi). "This flight starts a new era of dual transportation vehicles. It opens a new category of transportation and returns the freedom originally attributed to cars back to the individual," said Professor Klein after exiting the AirCar cockpit in Bratislava. "AirCar is no longer just a proof of concept; flying at 8,200ft at a speed of 100kt, it has turned science fiction into a reality." Added Anton Zajac, the co-founder of Klein Vision. —*Agencies*

Chill life: Dinosaurs thrived in the ancient Arctic

WASHINGTON: Dinosaur species large and small made the Arctic their year-round home and probably developed wintering strategies like hibernation or growing insulating feathers, according to a new study.

In the journal *Current Biology*, is the result of more than a decade's worth of painstaking fossil excavations, and puts to rest the notion that the ancient reptiles lived only in hotter climes.

"A couple of these new sites we found in the last few years turned up something unexpected, and that is they're producing baby bones and teeth," lead author Patrick Druckenmiller of the University of Alaska Museum of the North told *AFP*.

"That's amazing because it demonstrates that these dinosaurs weren't just living in the Arctic, they were actually able to reproduce in the Arctic." Researchers first discovered dinosaur remains at the frigid polar latitudes in the 1950s, regions once thought to be too hostile for reptilian life.

This led to two competing hypotheses: Either the dinosaurs were permanent polar residents, or they migrated to the Arctic and Antarctic to take advantage of seasonally abundant warm resources, and possibly to reproduce. The new study is the first to show unequivocal evidence that at least seven dinosaur species were capable of nesting at extremely high latitudes -- in this case the Upper Cretaceous Prince Creek Formation which lies at 80-85 degrees North. The species uncovered include duck-billed dinosaurs called hadrosaurs, horned dinosaurs such as ceratopsians, and carnivores like tyrannosaurs.

The team are confident the tiny teeth and bones they found, some of which are only a few millimeters in diameter, belong to dinosaurs that were either newly hatched or died just prior to hatching, because of their



distinct markings. "They have a very specific and peculiar kind of surface texture -- it's highly vascularized and the bones are growing quickly, they have a lot of blood vessels flowing into them," explained Druckenmiller.

Unlike some mammals such as caribou that give birth to young that can walk long distances almost immedi-

ately, even the largest of dinosaurs had tiny hatchlings that would have been incapable of making migratory treks of thousands of miles (kilometers). What's more, given what is known about how some species incubated their eggs well into the summer, the dinosaur young would not have had time to mature and be ready for a long journey before winter arrived, the team argues.

- Winter strategies -

The Arctic was warmer in the Late Cretaceous period than today, but conditions were still very challenging. The average annual temperature was about 6 degrees Celsius (40 degrees Fahrenheit) but there would have been around four months of winter darkness with freezing temperatures and occasional snowfall. The area was likely forested with conifers, angiosperms, ferns and horsetails. "We now understand that probably most of the meat eating dinosaur groups we find up there were probably feathered," said Druckenmiller. "You can think of it as their own down parka, to help them survive the winter." There isn't as strong evidence from current research that the herbivores were feathered, but the team thinks the smaller plant-eaters might have burrowed underground and hibernated.

The larger vegetarians, who had more fat in reserve, could have resorted to low-quality foraging of twigs and bark to make it through the winter. Additionally, year-round Arctic residency is another clue pointing towards dinosaurs being warm-blooded, as other recent research has suggested, and is in line with the idea that they sit at the evolutionary point between cold-blooded reptiles and warm-blooded birds.

"We think of dinosaurs in these kind of tropical settings, but the whole world was not like that," said Druckenmiller, adding that the Arctic discoveries created a "natural test" of their physiology.

Dinosaurs' ability to survive the Arctic winter is the "most compelling evidence yet" that they can be added to the list of species capable of thermoregulation, concluded co-author Gregory Erickson of Florida State University. —*AFP*