

effects but is not a substitute for lack of movement for extended periods.

Who is at risk through remaining immobile for extended periods? Masai tribesmen? - No! Nomadic hunters in Lapland? - No! People that cover themselves in gold paint and imitate statues? - Yes. Screen jockeys like you and me? - Quite possibly.



Fortunately the remedy is as simple as standing up and moving around for a couple of minutes every hour, provided you don't become so engrossed in your work that you forget to do this. You will find a summary of the physiology of inactivity and some simple solutions to beating it in [this excellent article](#).

All of which prompted me to investigate iPhone health apps to see if anyone has attempted to use the iPhone's GPS and accelerometer to detect and monitor movement. At first look there are 7,667 health apps to choose from. Interestingly the number one health app is [Sleep Cycle](#) (\$0.99), something I downloaded and experimented with last year and which works as advertised.

Moving on down the list, through Ab Workouts, Period Trackers, ButtWorker Pro (hmm, the Pro version - impressive - does anyone admit to owning ButtWorker Amateur?).

I get sidetracked for a while by [BrainWave](#) (\$1.99 - untested). This feeds different aural signals into each ear to stimulate brainwave patterns that are claimed to be conducive to sleep, problem solving, alertness etc depending on your needs. We'll put that one away for a day when the brainwaves are in gullibility mode.



Sidetracked again by [PostureCorrection](#) (free) to the extent that I download the app and test it. The app uses the iPhone's accelerometer to detect when you slouch and alerts you with a vibration. Unfortunately my shirt didn't have a breast pocket so I popped the phone in the waistband of my pants with intriguing though largely unreportable results.



Finally a solution that looks the goods. [UP](#) by Jawbone is a combination of wristband and iPhone app. The wristband contains a motion sensor. In combination with the iPhone app it warns you when you have been inactive for too long, tracks your movement and calorie output during the day, tracks your sleep patterns at night and also your diet. Sounds too good to be true?

Unfortunately yes. The product was recalled shortly after release in December 2011 with battery issues in the wristband but might be worth a look if it is re-released - original price \$99.



Nike has a similar product called [Fuelband](#) but this only measures activity and has no reminder function to sense prolonged inactivity (and it costs a hefty \$149 to pay for all those super-star sponsorships and pull-through ads that interrupt your enjoyment of big sports

events).

So - an interesting field for development with no ideal solution as yet but plenty of activity in the marketplace Perhaps there is an opening here for an enterprising Tasmanian software developer?

New Half-Day Tutorials for Qualification Units

Many people find returning to study and completing assignments an intimidating prospect - especially those without previous experience of higher education.

To assist clients in completing Diploma qualifications, NDA recently trialled some optional half-day tutorial sessions in Hobart and Launceston. Each session was aligned to a particular unit of a qualification and provided opportunities for clients to discuss the unit content with their assessor, network with other clients and complete assessment exercises.

The trials were well received so we will be offering tutorials in the most popular units at six monthly intervals and notifying clients enrolled in those units by email. There is no charge for this service.

Hi Nigel,

I am studying my Diploma of Business Administration with NDA and it was great to have the group session for this module. I really enjoyed the session and being able to share ideas with other participants. Also it was a great way of knowing what is expected as I sometimes read more into the questions than necessary and put off doing the assessment.

Attending these sessions will be a great asset to clients completing their Diplomas through your company.

Kind regards

Chaylea Brasher

DHHS

Productivity Places Program (PPP)

No, it's not too late but you will need to be quick if you would like us to tender to Skills Tasmania on your behalf before the current round closes on 13 April:

- Funding of 70% - 90% for Cert IV and Diploma qualifications depending on the number of staff in your organisation.
- Open to both public and private organisations.
- Minimum four qualifications but you can mix and match.

NDA specialises in delivering qualifications in the following disciplines:

- Business
- Business Administration
- Human Resources
- Frontline Management
- Management

- Project Management
- Training and Assessment

Please call Janelle on 1300 765 736 if you require more info.

Micro Management

One of the strengths of the Germanic race is its ability to design great technical solutions and then be absolutely pedantic in micro-managing their application to produce well-engineered and reliable products.



Like many strengths, though, when taken too far it can become a weakness - as this sign from a lavatory in the German-speaking part of Switzerland indicates. Now call me old fashioned but this is something my mum drilled into me around the age of two (and don't you just love the fine detail in the picture...)

Apartment for Sale

Looking to downsize? Want to be five minutes from town and enjoy shut-the-door-and-walk-away security? You might be interested in this two-bedroom [Salamanca Mews apartment](#).



Forthcoming Training Courses

The following courses will shortly be presented by NDA, some at significant discounts on standard rates (**to obtain the discount, please phone Janelle on 1300 765 736** and mention this email when making bookings):

Hobart – IT Courses

[SQL Intro](#) 22 Mar - \$285 **one place left**

[Image Manipulation](#) 2 Apr (am) - \$195

[Designing Simple Websites](#) 3 Apr - \$240 **course full**

[Publisher](#) 4 Apr - \$240

[Office 2007 / 2010 Conversion](#) 5 Apr (am) - \$195

[Excel Introductory](#) 12/13 Apr - \$480 **two for the price of one**

[Excel Intermediate](#) 13/16 Apr - \$480

[Excel Advanced](#) 16/18 Apr - \$480

[Word Introductory](#) 17/19 Apr - \$480

[Word Intermediate](#) 19/23 Apr - \$480
[Word Advanced](#) 23/24 Apr - \$480
[MYOB Setup and Operation](#) 26/27 Apr - \$570
[PC Basics with Windows](#) 26 Apr - \$240
[Intro to PCs with Windows and Office](#) 26/27 Apr - \$480

Hobart – Business Skills Courses

[Managing Successful Projects](#) 28/29 Mar - \$570 **two places left**
[Time Management](#) 5 Apr - \$285
[Superior Customer Service](#) 13 Apr - \$285
[Conflict Resolution and Assertiveness](#) 17 Apr - \$285 **two for the price of one**
[OH&S in the Workplace](#) 18 Apr - \$285
[Business Writing Skills \(Basics\)](#) 23 Apr - \$285

Launceston – IT Courses

[Word Advanced](#) 21/23 Mar - \$480 **two places left**
[Microsoft Project](#) 2/3 Apr - \$480 **course full**
[Designing Simple Websites](#) 3 Apr - \$240
[Windows 7 Conversion](#) 5 Apr (am) - \$195
[Excel Introductory](#) 12/13 Apr - \$480 **course full**
[Excel Intermediate](#) 13/16 Apr - \$480
[PowerPoint](#) 16 Apr - \$240
[Word Introductory](#) 17/19 Apr - \$480
[MYOB Setup and Operation](#) 19/20 Apr - \$570
[MYOB Payroll](#) 23 Apr - \$285
[Word Advanced](#) 23/24 Apr - \$480

Launceston – Business Skills Courses

[Time Management](#) 5 Apr - \$285
[Superior Customer Service](#) 13 Apr - \$285
[Conflict Resolution and Assertiveness](#) 17 Apr - \$285 **two for the price of one**
[OH&S in the Workplace](#) 18 Apr - \$285 **two for the price of one**
[Managing Successful Projects](#) 26/27 Apr - \$570

Devonport – IT Courses

[PowerPoint](#) 23 Mar - \$240 **two for the price of one**
[Microsoft Project](#) 2/3 Apr - \$480 **one place available**
[Excel Introductory](#) 12/13 Apr - \$480
[Excel Intermediate](#) 13/16 Apr - \$480
[Excel Advanced](#) 16/17 Apr - \$480 **course full**
[Word Introductory](#) 17/19 Apr - \$480
[Word Advanced](#) 23/24 Apr - \$480
[PowerPoint](#) 26 Apr - \$240

Devonport – Business Skills Courses

[Time Management](#) 5 Apr - \$285 **two for the price of one**
[Recruit Select and Induct Staff](#) 11 Apr - \$240
[Superior Customer Service](#) 13 Apr - \$285

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