

1: NPR Choice page

That's harder than you think, because for the most part, television sets don't really report back on what individuals are watching. For that reason, advertisers and TV studios have relied on the services of a company called Nielsen to find out who is watching what.

In fact, it means you have a lot more time to get out and enjoy life. Still, lifestyle changes beckon. Getting older means you might face risks on the road that you did not previously. This could put you in danger of mistakes that might lead to accidents. More infractions on your driving record could lead to higher auto insurance rates. But, before you start sacrificing coverage to cut prices, take a look at other ways to make changes. One of the most effective ways to keep your car insurance prices lower is to become a safer driver. Getting older, however, might call this safety into question. Older drivers often have slower reaction times, diminished sight and other qualities that might make them comparatively unsafe. Still, there are things older drivers can do to make themselves safer behind the wheel. Visiting an eye doctor. Determine if you need glasses or contacts to help clear your vision while you drive. Having your hearing checked periodically. If your hearing begins to decline, you might need hearing aids or other assistance on the road. Considering no longer driving at night. In the daytime, you have much more ability to see. Driving a little slower, and leaving more space between your car and the car in front of you. This gives you more time to react in case of sudden occurrences. Knowing when to avoid high-traffic situations, such as rush hour or interstates. Use more caution when driving in these scenarios. Asking your doctor if any medications or health conditions will affect your ability to drive. Making ample use of windshield wipers, lights and other assistance mechanisms. Taking a defensive driving course, or other occupational therapy to help improve your driving capabilities. When you retire, call your auto insurer. You might qualify for savings because you will drive less since you no longer commute. Or, your insurer might offer retiree discounts. Still, it never hurts to take proactive steps to save on costs after you retire. For more information, contact Garland Insurance, Inc.

2: Improving Your Eating Habits | Healthy Weight | CDC

Changing viewing habits and a desire for more ad revenue are prompting YouTube creators to post ever longer videos
â€” ONE MONTH AGO, a dog I have never met www.enganchecubano.com owners are YouTubers Simon and Martina, a Canadian couple who make videos about the delicious food they eat in Tokyo, where they live.

What do these shows have in common? Read More â€” has started to track online television streams. Nielsen hopes that this will allow studios to negotiate higher royalties for shows that perform exceptionally well. The data being gathered is relatively limited. It relates to a tiny portion of the content available, and the company is not going to be capturing data from mobile users, or people living outside of the United States. But the move does indicate a massive change for Nielsen, which has been slow to adapt to the rise of digital streaming. And of course, the more successful a show is, the more it costs to advertise during it. But how do we determine how successful a show is? For that reason, advertisers and TV studios have relied on the services of a company called Nielsen to find out who is watching what. Nielsen was founded in as a market research company, and quickly pivoted into tracking television and radio broadcasts. In the company started distributing small black boxes â€” called Audimeters â€” to 1, American homes. These would collect information as to what radio stations were being listened to, and when. At the time, this was revolutionary, as it allowed advertisers to more efficiently focus their spending onto channels where the audiences were greatest, or where a particular demographic was listening. When it became clear television was more than a passing fad, the Nielsen started monitoring that medium with the iconic Nielsen Boxes. These were small black boxes that were roughly the size of two packets of cigarettes, and connected into the television itself. As with the Audimeter, these would record what was watched, and when. Households who were fortunate enough to own these boxes were known as Nielsen Homes, and were paid generously for doing effectively no work. There were other non-financial benefits, too. According to one Reddit commenter, Nielsen has a catalog where the younger members of enrolled families can choose their own gifts, like CD players and wristwatches. As a system, Nielsen works relatively well. The company survey a statistically significant sample of around 25, American viewers. The hardware can record the gender and age of the viewer too. Because of this, broadcasters and advertisers get to know their audiences better, and they can be more demographically targeted with their advertising and content. Prior to , Nielsen completely ignored the Internet, the phenomenon of on-demand streaming, and online-only content. Now, Nielsen tracks people streaming television through games consoles and streaming boxes like the Roku and Apple TV , but ignores those watching through a computer, tablet, or mobile device. Far too little, far too late. The show is a poignant and touching look at the nature of friendship and love, set in Greendale Community College; perhaps the worst fictional college ever put to celluloid since Buffy The Vampire Slayer went to The University of California, Sunnydale. Although Community has its fans, it has always struggled with dismal ratings. Each season, it seemed increasingly inevitable it would be axed by NBC. Read More was bombarded with emails asking it to buy the rights to the show. In the show, actor Joel McHale plays Jeff Winger â€” a disgraced lawyer turned student, and ringleader of the Greendale 7 study group. McHale is also an established comedian, and host of E! In , he was performing stand-up at the University of Arizona when he decided to perform an informal straw-poll: Which is that Community was so innovative, and so ahead of its time, that it developed an audience that was being systematically ignored by Nielsen and the other ratings companies. Screen then purchased the rights, where it enjoyed a wildly successful final season. Broadcast TV will never regain its relevance, or for that matter, its charm. Watching television will cease to be a family activity. Fewer still subscribe to cable or satellite. However, while broadcasters and studios have been quick to embrace this and have been all too keen to license their shows, ratings companies are less eager to move with the times. A huge part of this is purely financial: But that will eventually change as more and more people cut the cord Considering Canceling Cable? The True Cost of Cutting the Cord When you add everything up, do you really save money by cutting the cord? We do the math involved with cancelling cable in favor of Internet services. Companies like Nielsen have to adapt. They have to accept that people are watching shows in a radically different way. The current

system disenfranchises millennials. Above all, perhaps it would be worthwhile if Nielsen used its power and influence to highlight the fact that the way we consume content has fundamentally changed. An audience can not, and should not, be measured by those who watch it on the terms of the streaming sites. Will it return to the old ways and does it even matter? If studios can understand this often-ignored market, it will go a long way to defeating piracy, as more compelling and accessible solutions are built. What do you think? Do we need a new ratings system for the Internet? What other methods could Nielsen use to generate more accurate figures?

3: How to change your phone habits - Flow Magazine

Some of these providers force you to watch commercials, unless you pay for commercial-free viewing while others don't even bother. Scheduling For those people who still want to watch some sort of live-TV, consumers have the opportunity to record and watch shows at their own convenience.

Have you made up your mind? If you are in the preparation stage, you are about to take action. To get started, look at your list of pros and cons. How can you make a plan and act on it? The chart below lists common roadblocks you may face and possible solutions to overcome roadblocks as you begin to change your habits. Think about these things as you make your plan. Make your new healthy habit a priority. Fit in physical activity whenever and wherever you can. Try taking the stairs or getting off the bus a stop early if it is safe to do so. Healthy habits cost too much. You can walk around the mall, a school track, or a local park for free. Eat healthy on a budget by buying in bulk and when items are on sale, and by choosing frozen or canned fruits and vegetables. Recruit others to be active with you, which will help you stay motivated and safe. Consider signing up for a fun fitness class like salsa dancing. Get your family or coworkers on the healthy eating bandwagon. Plan healthy meals together with your family, or start a healthy potluck once a week at work. Forget the old notion that being physically active means lifting weights in a gym. You can be active in many ways, including dancing, walking, or gardening. Make your own list of options that appeal to you. Explore options you never thought about, and stick with what you enjoy. Try making your old favorite recipes in healthier new ways. For example, you can trim fat from meats and reduce the amount of butter, sugar, and salt you cook with. Use low-fat cheeses or milk rather than whole-milk foods. Add a cup or two of broccoli, carrots, or spinach to casseroles or pasta. Once you have made up your mind to change your habits, make a plan and set goals for taking action. Here are some ideas for making your plan: Start with small changes. Have you started to make changes? You are making real changes to your lifestyle, which is fantastic! To stick with your new habits review your plan look at the goals you set and how well you are meeting them overcome roadblocks by planning ahead for setbacks reward yourself for your hard work Track your progress Tracking your progress helps you spot your strengths, find areas where you can improve, and stay on course. Record not only what you did, but how you felt while doing it—your feelings can play a role in making your new habits stick. Recording your progress may help you stay focused and catch setbacks in meeting your goals. Remember that a setback does not mean you have failed. All of us experience setbacks. The key is to get back on track as soon as you can. The NIH Body Weight Planner lets you tailor your calorie and physical activity plans to reach your personal goals within a specific time period. Overcome roadblocks Remind yourself why you want to be healthier. Perhaps you want the energy to play with your nieces and nephews or to be able to carry your own grocery bags. Recall your reasons for making changes when slip-ups occur. Decide to take the first step to get back on track. For example, plan to walk indoors, such as at a mall, on days when bad weather keeps you from walking outside. Ask a friend or family member for help when you need it, and always try to plan ahead. For example, if you know that you will not have time to be physically active after work, go walking with a coworker at lunch or start your day with an exercise video. Reward yourself After reaching a goal or milestone, allow for a nonfood reward such as new workout gear or a new workout device. Also consider posting a message on social media to share your success with friends and family. Although you should be proud of your progress, keep in mind that a high-calorie treat or a day off from your activity routine are not the best rewards to keep you healthy. Pat yourself on the back. When negative thoughts creep in, remind yourself how much good you are doing for your health by moving more and eating healthier. Have you created a new routine? Make your future a healthy one. Remember that eating healthy, getting regular physical activity, and other healthy habits are lifelong behaviors, not one-time events. Always keep an eye on your efforts and seek ways to deal with the planned and unplanned changes in life. Eating healthy and being physically active are lifelong behaviors, not one-time events. Now that healthy eating and regular physical activity are part of your routine, keep things interesting, avoid slip-ups, and find ways to cope with what life throws at you. Add variety and stay motivated Mix up your routine with new physical activities and goals,

physical activity buddies, foods, recipes, and rewards. Deal with unexpected setbacks Plan ahead to avoid setbacks. For example, find other ways to be active in case of bad weather, injury, or other issues that arise. Setbacks happen to everyone. Regroup and focus on meeting your goals again as soon as you can. Revisit your goals and think of ways to expand them. For example, if you are comfortable walking 5 days a week, consider adding strength training twice a week. If you have limited your saturated fat intake by eating less fried foods, try cutting back on added sugars, too. Small changes can lead to healthy habits worth keeping. What are clinical trials, and are they right for you? Clinical trials are part of clinical research and at the heart of all medical advances. Clinical trials look at new ways to prevent, detect, or treat disease. Researchers also use clinical trials to look at other aspects of care, such as improving the quality of life for people with chronic illnesses. Find out if clinical trials are right for you. What clinical trials are open? Clinical trials that are currently open and are recruiting can be viewed at www.clinicaltrials.gov. The NIDDK translates and disseminates research findings through its clearinghouses and education programs to increase knowledge and understanding about health and disease among patients, health professionals, and the public.

4: What does the Bible say about habits?

Changing your viewing habits. 31 March 2017 pm. Normal text size Larger text size Very large text size. The DVD recorder with the hard-disk drive is coming. And Pioneer is the latest to.

Maybe you almost always eat fruit for dessert, or you drink low-fat or fat-free milk. These are good habits! Recognizing your successes will help encourage you to make more changes. Note how you are typically feeling at those times. Often an environmental "cue", or a particular emotional state, is what encourages eating for non-hunger reasons. Common triggers for eating when not hungry are: Opening up the cabinet and seeing your favorite snack food. Sitting at home watching television. Before or after a stressful meeting or situation at work. Having someone offer you a dish they made "just for you! Sitting in the break room beside the vending machine. Seeing a plate of doughnuts at the morning staff meeting. Swinging through your favorite drive-through every morning. Feeling bored or tired and thinking food might offer a pick-me-up. Circle the "cues" on your list that you face on a daily or weekly basis. Going home for the Thanksgiving holiday may be a trigger for you to overeat, and eventually, you want to have a plan for as many eating cues as you can. But for now, focus on the ones you face more often. Is there anything I can do to avoid the cue or situation? For example, could you choose a different route to work to avoid stopping at a fast food restaurant on the way? In these situations, evaluate your options. Could you suggest or bring healthier snacks or beverages? Could you offer to take notes to distract your attention? Could you plan ahead and eat a healthy snack before the meeting? Replace unhealthy habits with new, healthy ones. For example, in reflecting upon your eating habits, you may realize that you eat too fast when you eat alone. So, make a commitment to share a lunch each week with a colleague, or have a neighbor over for dinner one night a week. Other strategies might include putting your fork down between bites or minimizing other distractions. Here are more ideas to help you replace unhealthy habits: If you eat too quickly, you may "clean your plate" instead of paying attention to whether your hunger is satisfied. If you find yourself eating when you are experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better. Plan meals ahead of time to ensure that you eat a healthy well-balanced meal. Reinforce your new, healthy habits and be patient with yourself. Habits take time to develop. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to make? You can do it! It just takes one day at a time! Want to learn more?

5: How Television Viewing Habits Are Changing - Fusion

Changing Your Driving Habits as You Get Older Retirement doesn't mean you have to stop being active. In fact, it means you have a lot more time to get out and enjoy life.

6: Your TV Viewing Habits Are Changing, As Are Nielsen Ratings

Changing your habits is a process that involves several stages. Sometimes it takes a while before changes become new habits. And, you may face roadblocks along the way.

7: Inside knowledge: AT&T exec dishes on how your viewing habits are changing | AT&T | Dallas News

How YouTube Is Changing Our Viewing Habits People watch 1 billion hours of video every day on YouTube. NPR's Scott Simon talks to Dr. Zeynep Tufekci of the University of North Carolina at Chapel.

8: Changing Your Driving Habits as You Get Older

CHANGING YOUR VIEWING HABITS pdf

Q: How are people's viewing habits evolving? There's a dramatic shift toward digital and a dramatic shift toward mobile. The number of hours people are watching linear television is dropping.

9: Changing Your Habits for Better Health | NIDDK

Why one in 20 families have ditched their TV: Changing viewing habits mean many now watch on laptops or tablets - or simply prefer life without one per cent of British homes do not own a TV.

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